

## HOW TO LOOK AFTER YOUR MENTAL HEALTH

Below is a list of useful apps and websites that you can access if you are struggling with your mental health and feel that you need some support.

### APPS

<b>FIVE WAYS TO WELLBEING (FREE)</b>	This app looks at five areas of wellbeing helping you to connect, take notice, be active, keep learning and give way to your improved wellbeing.
<b>SAM: SELF HELP FOR ANXIETY MANAGEMENT (FREE)</b>	This app provides you with a range of self-help methods such as relaxation techniques and anxiety toolkits to help you to try and manage your anxiety
<b>VIRTUAL HOPE BOX (FREE)</b>	This app provides tools to help you think positively. It contains distractions, relaxation techniques.
<b>KOOTH.COM (FREE)</b>	<b>KOOTH</b> provides online support, counselling information and peer support. This website is safe and anonymous
<b>BREATHE2RELAX (FREE)</b>	This app provides a range of tools to help guide you through breathing exercises. These exercises can help you to manage a number of things such as stress, anxiety and anger
<b>HEADSPACE.COM (FREE)</b>	This app guides you through mindfulness techniques, helping to try and help you to reduce your stress and worries
<b>WHATS UP? (FREE)</b>	A comprehensive app that uses CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger and Stress. Includes thinking styles through diaries, breathing exercises, goal setting and a community forum. Recommended for people experiencing mild to moderate general anxiety, worry and/or low mood

### USEFUL WEBSITES FOR SUPPORT AND RESOURCES.

<b>GETSELFHELP.COM</b>	Provides a variety of resources that you can work through to try and help improve your mental health
<b>WWW.YOUNGMINDS.ORG.UK</b>	Provides support and advice to children and young people about a variety of mental health issues
<b>WWW.CAMHSWHOAMI.CO.UK</b>	Is a service user led website which provides information and advice to young people
<b>BEAT (WWW.BEAT.CO.UK)</b>	Is a charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Beat provides advice on what to do and how to get support
<b>HAPPYOKAYSAD.WARRINGTON.GOV.UK</b>	This website provides a link to information and a range of free resources
<b>PAPYRUS.ORG.UK</b>	A national charity dedicated to the prevention of young suicide – helpline 08000684141
<b>CHILDLINE.ORG.UK</b>	Provides a range of help and support including 1:1 counsellor chats

### ADDITIONAL INFORMATION.

If you are worried and think your child is in crisis please do one of the following:

- Go to your local A and E
- Contact CAMHS on 01925 579504 – If already on their case load (during hours of 9am – 5pm)
- Contact CAMHS Emergency Response Team – 01744627618 (during hours of 9am – 9pm)