
Health and Wellbeing Online Resources

For Children & Young People

Cove

<http://www.cove-app.com/>

This app helps people to capture their mood and express it by making music. Note: you do not need to know how to play an instrument to use this app.

Childline

www.childline.org.uk

Mental health charity for children and young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Chill Panda

chillpanda.co.uk/

This free app is for children and adults who want to learn how to manage stress and worry, and feel better.

Clear Fear

www.clearfear.co.uk/

This free app aims to help children and teenagers manage anxiety. The app helps to reduce physical responses to threat and change thoughts and behaviours through distraction and helpful activities.

Coping Skills for Kids

www.copingskillsforkids.com

Website that provides free resources for teaching children about healthy ways to cope with [stress](#), [anxiety](#) and [anger](#).

Hospichill

www.hospichill.net

An app designed to help young people prepare for hospital and clinic appointments. The app provides helpful relaxation and visualisation exercises.

Kooth

www.kooth.com

Free mental health support from online counsellors. A free sign up service with discussion boards, helpful tips, articles written by young people, and the option to write mood journals and set positive goals.

Stop Breathe & Think KIDS

www.stopbreathethink.com/kids/

Guided Meditation and Mindfulness app for children aged 5-10.

For Young People

Ayemind

www.ayemind.com

Website aimed at improving the mental wellbeing of young people. Includes resources for young people and professionals. Ayemind also signposts to lots of other useful websites.

Calm

www.calm.com/

A mindfulness app that includes various relaxing sounds to listen to, visualisations to help relaxations, "sleep stories", and guided meditations.

Calm Harm

www.calmharm.co.uk

An app to help teenagers manage or resist the urge to self-harm by providing a wide range of distraction techniques.

Papyrus

www.papyrus-uk.org

Mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. The "Hopeline" (Call: 0800 068 4141 / Text: 07860 039 967 / E-mail pat@papyrus-uk.org) is for children and young people experiencing thoughts of suicide, or for anyone concerned for a young person.

SafeSpot

www.safespot.org.uk

An app designed in Glasgow to help young people improve their coping skills and promote positive mental health and wellbeing.

Smiling Mind

www.smilingmind.com.au/

A free app for encouraging mindfulness, meditation and positive wellbeing.

Young Minds

www.youngminds.org.uk

Young Minds provides a range of mental health help and advice for young people. This charity also encourages young people to get involved in raising awareness about children and young people's mental health.

Young Scot

young.scot/campaigns/national/coronavirus

If your young person is feeling a bit overwhelmed or scared right now, this site has information for young people about what's happening and the simple steps everyone can take to help keep healthy.

For All the Family

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

Advice about general mental health and [mental wellbeing while staying at home](#). Also [Your Mind Plan, an interactive quiz](#) designed to help you feel more in control of your emotional and mental wellbeing.

Child Bereavement UK

www.childbereavementuk.org/

A site with resources for children and young people who are grieving, as well as providing information and advice to families / professionals on how to best support someone who is bereaved. A helpline is also available on 0800 028 840.

Combined Minds

combinedminds.co.uk/

This app provides parents, families and friends with practical advice on how to support children and young people with their mental health.

Headspace

<https://www.headspace.com/>

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.

Living Life to the full

www.lttf.com

Free online courses covering low mood, stress and resilience. (More adult orientated)

MindShift CBT

<https://www.anxietycanada.com/resources/mindshift-cbt/>

A free app designed to help adults and teens cope with anxiety. Also provides strategies for adults to help their children with anxiety.

Samaritans

www.samaritans.org

A charity that offers mental health support and information online for everyone. Their helpline is free and available to all ages. Call 116 123 or e-mail jo@samaritans.org 24/7.

Stress and Anxiety companion

www.nhs.uk/apps-library/stress-anxiety-companion/

A free app to help handle stress and anxiety. The app includes breathing exercises, relaxing music and games.

The Big White Wall

www.bigwhitewall.com

Online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

Mental Health telephone supports

Breathing Space: Free and confidential telephone counselling service. (0800 838 587)

NHS living Life: Free phone service for those aged 16+ experiencing anxiety, low mood and mild to moderate depression. Guided self-help and cognitive behavioural therapy. (0800 328 9655)

Young Minds Parents Help Line: Offers guidance and support to parents concerned about their child's mental health. (0808 802 5544)