

Useful contacts

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

Website: <https://www.kooth.com>

Childline

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our [moderated discussion boards](#) and [live chat room](#).

Papyrus

helpline: 0800 068 41 41

Mon-Fri 10:00 am to 10:00 pm

Weekends 2:00 pm to 10:00 pm

Bank Holidays 2:00 pm to 10:00 pm

papyrus-uk.org

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

Bereavement

Grief Encounter

<https://www.griefencounter.org.uk>

Supporting bereaved children and young people

Their helpline, grieftalk, can be contacted from 9am-9pm Monday- Friday.

0808 802 0111.

Winston's Wish

Freephone National Helpline (Monday to Friday, 9am to 5pm) on 08088 020 021.

Cruse (Bereavement Care) Helpline

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings (open until 8pm), 0808 808 1677.

Apps



Stay Alive

Stay alive is a free suicide prevention app that helps its users to stay safe from acting on their thoughts of suicide. Downloading this app means that the help and information someone may need when managing thoughts of suicide is easily accessible, helping them to stay safe.



Self-help Anxiety Management

This app is helpful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills.



Moodometer

This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggest ways to lift your mood.



Grief: Support for Young People

This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.



Calm Harm

This app can be used to help the user manage urges to self-harm. It's a private app and can be password protected. The help and advice provides suggestions of 5-15 minute categorised activities that can help the user 'ride the wave' of an urge to self-harm. The user is signposted to resources that the app determines may be helpful. These suggestions are based on the users answers to questions about what triggered their urge to self-harm.