

Self-Help Menu

	APPS	HELPLINES	WEBSITES	MESSENGER	E-MAIL	RESOURCES
Mental Health & Emotional Wellbeing	Daylio Journal Sleepio ThinkNinja	The Mix- 0808 808 4994	YoungMinds The Mix On My Mind Mind Time to Change	YoungMinds Crisis Messenger Diana Award Crisis Messenger	info@mind.org.uk The Mix – Email Us	YoungMinds Blog
Anxiety/Stress	Headspace Wysa	Anxiety UK 03444 775 774	Anxiety UK YoungMinds	Kooth The Mix 1-2-1 chat	support@anxiety.org.uk	Anxiety UK Blog
Depression	Headspace Wysa 7 Cups App	ChildLine – 0800 1111 CALM – 0800 58 58 58	Mood Juice Programme 7 Cups Blurt Time to Change - In Your Mates `Corner	ChildLine 1-2-1 Counsellor Chat Diana Award Crisis Messenger YoungMinds Crisis Messenger	ChildLine Email jo@samritans.org The Mix – Email Us	Depression: Your Guide to Depression and Finding the Help and Support You Need
Self-Harm	Calm Harm DistrACT	Papyrus Hopeline – 0800 068 41 41 CALM Helpline – 0800 58 58 58	Selfharm UK	Kooth YoungMinds Crisis Messenger Diana Award Crisis Messenger	jo@samritans.org	No Harm Done Alumina
Suicide/Suicidal Thoughts	Stay Alive DistrACT	Samaritans – 116 123 Papyrus Hopeline – 0800 068 41 41 Support After Suicide	CALM Papyrus Samaritans	Calm Zone WebChat Diana Award Crisis Messenger	jo@samritans.org pat@papyrus-uk.org	Finding the words

Bereavement & Loss	Grief: Support for Young People – Child Bereavement UK Headspace	Child Bereavement UK 0800 02 888 40 Childhood Bereavement Network	#HEPL2MAKESENSE	Kooth Winston's Wish	support@childbereavementuk.org	Hope Again
Bullying	TooToot No More Bullying Me	ChildLine – 0800 1111	NSPCC Anti-Bullying Alliance THINKUKNOW	The Mix 1-2-1 chat	The Mix – Email Us	Anti-Bullying Alliance
LGBTQ+		Barnardo's – 0113 239 5581	Stonewall Youth Mermaids	Mermaids WebChat	info@mermaidsuk.org.uk	Genderbread Person
Eating Disorders	Rise up & Recover RR Eating Disorder Management	Beat Eating Disorders Helpline: 0808 801 0677 Student Line: 0808 801 0811 Youth Line: 0808 801 0711	Beat Eating Disorders Time to Change Mind	Beat Eating Disorders One to One WebChat info@mind.org.uk	help@beateatingdisorders.org.uk	YoungMinds Anorexia Bulimia
Body Image	Rise up & Recover RR Eating Disorder Management	The Mix – 0808 808 4994	Dove Self Esteem Project Be Real Fixers	Kooth The Mix 1-2-1 chat	The Mix – Email Us	The Mix – Why We All Need More Body Kindness in Our Lives

