

	<b>Apps</b>	<b>Helplines</b>	<b>Websites</b>	<b>Messenger</b>	<b>E-mail</b>	<b>Resources</b>
<b>Mental Health &amp; Emotional Wellbeing</b>	Daylio Journal Sleepio ThinkNinja	<u>The Mix</u> - 0808 808 4994	<u>YoungMinds</u>  <u>The Mix</u>  <u>On My Mind</u>  <u>Mind</u>  <u>Time to Change</u>	<u>YoungMinds</u> <u>Crisis Messenger</u>  <u>Diana Award</u> <u>Crisis Messenger</u>	<u>info@mind.org.uk</u>  <u>The Mix – Email</u> <u>Us</u>	<u>YoungMinds Blog</u>
<b>Anxiety/Stress</b>	Headspace Wysa	<u>Anxiety UK</u> 03444 775 774	<u>Anxiety UK</u>  <u>YoungMinds</u>	<u>Kooth</u>  <u>The Mix</u> <u>1-2-1 chat</u>	<u>support@anxiety.org.uk</u>	<u>Anxiety UK Blog</u>
<b>Depression</b>	Headspace Wysa 7 Cups App	<u>ChildLine</u> – 0800 1111  <u>CALM</u> - 0800 58 58 58	<u>Mood Juice</u> <u>Programme</u>  <u>7 Cups</u>  <u>Blurt</u>  <u>Time to Change -</u> <u>In Your Mates</u> <u>Corner</u>	<u>ChildLine 1-2-1</u> <u>Counsellor Chat</u>  <u>Diana Award</u> <u>Crisis Messenger</u>  <u>YoungMinds</u> <u>Crisis Messenger</u>	<u>ChildLine Email</u> <u>jo@samritans.org</u>  <u>The Mix – Email</u> <u>Us</u>	<u>Depression: Your</u> <u>Guide to</u> <u>Depression and</u> <u>Finding the Help</u> <u>and Support You</u> <u>Need</u>

<b>Self-Harm</b>	Calm Harm  DistrACT	<u>Papyrus Hopeline – 0800 068 41 41</u>  <u>CALM Helpline – 0800 58 58 58</u>	<u>Selfharm UK</u>	<u>Kooth</u>  <u>YoungMinds Crisis Messenger</u>  <u>Diana Award Crisis Messenger</u>	<u>jo@samritans.org</u>	<u>No Harm Done Alumina</u>
<b>Suicide/Suicidal Thoughts</b>	Stay Alive  DistrACT	<u>Samaritans – 116 123</u>  <u>Papyrus Hopeline – 0800 068 41 41</u>  <u>Support After Suicide</u>	<u>CALM</u>  <u>Papyrus</u>  <u>Samaritans</u>	<u>Calm Zone WebChat</u>  <u>Diana Award Crisis Messenger</u>	<u>jo@samritans.org</u>  <u>pat@papyrus-uk.org</u>	<u>Finding the words</u>
<b>Bereavement &amp; Loss</b>	<u>Grief: Support for Young People – Child Bereavement UK</u>  Headspace	<u>Child Bereavement UK</u> 0800 02 888 40  <u>Childhood Bereavement Network</u>	<u>#HEPL2MAKESE NSE</u>	<u>Kooth</u>  <u>Winston’s Wish</u>	<u>support@childbereavementuk.org</u>	<u>Hope Again</u>
<b>Bullying</b>	TooToot  <u>No More Bullying Me</u>	<u>ChildLine - 0800 1111</u>	<u>NSPCC</u>  <u>Anti-Bullying Alliance</u>  <u>THINKUKNOW</u>	<u>The Mix 1-2-1 chat</u>	<u>The Mix – Email Us</u>	<u>Anti-Bullying Alliance</u>

<b>LGBTQ+</b>		<u>Barnardo's</u> 0113 239 5581	<u>Stonewall Youth</u>  <u>Mermaids</u>	<u>Mermaids</u> <u>WebChat</u>	<u>info@mermaidsuk</u> <u>.org.uk</u>	<u>Genderbread</u> <u>Person</u>
<b>Eating Disorders</b>	Rise up & Recover  RR Eating Disorder Management	<u>Beat Eating Disorders</u> Helpline: 0808 801 0677  Student Line: 0808 801 0811  Youth Line: 0808 801 0711	<u>Beat Eating Disorders</u>  <u>Time to Change</u>  <u>Mind</u>	<u>Beat Eating Disorders One to One WebChat</u>  <u>info@mind.org.uk</u>	<u>help@beateating</u> <u>disorders.org.uk</u>	YoungMinds <u>Anorexia</u> <u>Bulimia</u>
<b>Body Image</b>	Rise up & Recover  RR Eating Disorder Management	<u>The Mix-</u> 0808 808 4994	<u>Dove Self Esteem Project</u>  <u>Be Real</u>  <u>Fixers</u>	<u>Kooth</u>  <u>The Mix</u> <u>1-2-1 chat</u>	<u>The Mix – Email</u> <u>Us</u>	<u>The Mix – Why</u> <u>We All Need</u> <u>More Body</u> <u>Kindness in Our</u> <u>Lives</u>