**Mental Health Support for Outside of School**

 **BIG WHITE WALL*: For Stress & Anxiety.***

Anonymous online community support. Site offers one to one with trained mental health professionals.

www.bigwhitewall.com.

 **CALM HARM: *For Emotional Support & Self- Harm Reduction.***

Tasks to help minimise self-harm and regulate emotions.

www.calmharm.co.uk.

 **CATCH IT APP: *Anxiety & Depression.***

App to help managing negative thoughts and promote positive thought processes.

 

 **CHILL PANDA APP: *Reduce Worries***

App to provide information and step by step guides for breathing techniques and exercises to calm the mind.



**** IESO*: Online Therapy***

Assists with anxiety, stress, low mood and much more. Online counselling

www.iesohealth.com/en-gb

**** MEE TWO: *Mental Health Support***

Online app to discuss issues affecting the lives of students. Anonymous advice available from experts.

 

 **YOUNG MINDS: *Mental Health Support***

Website providing support and online toolkits designed to help improve mental health. Online Blog.

youngminds.org.uk/

 **KOOTH: *Online Counselling Support***

Free online anonymous mental health support. Online crisis support. Articles and community blogs. Online journaling available.

www.kooth.com/

 **CHILDLINE: *Online Line Information***

Online and telephone counselling and support. Information and advice regarding a large range of topics. Online toolbox providing strategies and assistance.

www.childline.org.uk/

 **MIND: *Information and Support for Mental Health Issues***

Information, support and advice on all mental health needs.

www.mind.org.uk/information-support/for-children-and-young-people/

 **SAMARITANS: *Crisis Support***

Telephone, email and in person support. Offers crisis mental help support on a large range of issues.

https://www.samaritans.org/