

Useful Apps and Websites

- **Hub of Hope App** – free to download app that provides services local to the client. If you are a service or know of a service that isn't represented on the app, please do submit the details via the online form. Also offers a crisis messenger service.
- **Samaritans** – available 24/7 365 days a year. Free confidential support for all.
- **Campaign Against Living Miserably** – www.thecalmzone.net – this is a website aimed at reducing male suicide and stigma of mental ill health in males. It offers a confidential helpline alongside webchat.
- **NHS / PHE One You** <https://www.nhs.uk/oneyou/> newly launched to help people manage general mental ill health and distress. Promotes positive wellbeing tips and how to manage distress.
- **Young Minds Crisis Messenger** – for young people who are in crisis (suicidal thoughts, bereaved, self-harm etc.), they can text 'YM' to 85258 and then receive support from a trained volunteer via text.
- **YoungMinds.org.uk** – mental health awareness for young people also has a parent helpline.
- **Mind.org.uk** – general mental health awareness TheCalmZone.net – male specific support
- **Papyrus** – Support for those feeling suicidal or those who have been bereaved by suicide. Also offers a helpline called the 'HopeLine'.
- **Childline.org.uk** – support for young people in emotional distress
- **NHS MoodZone** – providing information on common mental health concerns including dealing with anger, exams etc.
- **Head Talks** - www.headtalks.com providing videos discussing all aspects of mental illness and recovery.
- **CALM HARM App** – created by STEM4, this award-winning app is free to download and is designed to be used by young people who are self-harming. The APP is designed to reduce the level of self-harm and even prevent an episode of self-harm by providing delay tactics when the young person has the urge. Though designed for teenagers, there is no reason it can't be used by adults.
- **FOR ME App** – an app designed by ChildLine to support young people up to the age of 19. The app covers many issues including self-harm, anxiety, bullying and body image issues.
- **Wysa App** – provides a 'bot' chat tool alongside tools to help build confidence, manage difficult thoughts etc. It does have an optional coach tool but this must be purchased.
- **Stay Alive app** – provides support for those worried about someone who is suicidal alongside support for individuals who are suicidal or at risk of suicide. The app has a space to create a safety plan to refer to if feeling suicidal alongside links to organisations that can provide support.
- **CatchIt app** – encourages the user to turn negative thoughts into positive thoughts

