

# Mental Health Help and Support Services

## Samaritans

**Telephone:** 116 123 (24 hours a day, free to call)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org](http://www.samaritans.org)

Samaritans provide confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

## Mind Infoline

**Telephone:** 0300 123 3393 (9am – 6pm Monday to Friday)

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk/help/advice\\_lines](http://www.mind.org.uk/help/advice_lines)

Mind provides confidential mental health information services.

With support and understanding, Mind enable people to make informed choices. The infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

## Rethink Mental Illness Advice Line

**Telephone:** 0300 5000 927 (10am – 2pm Monday to Friday)

**Email:** [info@rethink.org/about-us/our-mental-health-advice](mailto:info@rethink.org/about-us/our-mental-health-advice)

**Website:** [www.rethink.org/about-us/our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

## Saneline

**Telephone:** 0300 304 7000 (6pm – 11pm)

**Website:** [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

## Childline

**Telephone:** 0800 1111

**Email:** [www.childline.org.uk](http://www.childline.org.uk)

Childline is a private and confidential service for children and young people up to the age of nineteen. You can contact a Childline counsellor for free about anything – no problem is too big or too small.

# Self-Help Websites for Young Adults

**Headscape** is a 'one-stop', self-help website for young people with a range of mental health issues developed by Healthy Young Minds in London. Designed for young people, by young people, to give them a trusted website to use for information, to check how they feel and even take a test to find out if they need help with their emotions. It also offers young people opportunity to independently undertake a mental health screening questionnaire, which when completed, provides individually tailored advice and information about coping with anxiety and low mood.

**Headscapegreenwich.co.uk**

**Kooth** is a free online counselling service. You can have a 'drop-in' chat with a counsellor or therapist or book a one to one session. You can also talk to other young people anonymously on the forums. Evidence suggests that Kooth can help children and young people with a range of different problems, including family problems, eating disorder, loneliness, bullying, anxiety and depression. Kooth is suitable for children and young people aged 11 – 19.

**Big White Wall** is an online community guided by trained mental health professionals that supports young people 16 and over experiencing common mental health problems, such as depression and anxiety. It's available around the clock and you can talk anonymously to other members or join a guided support course with people experiencing similar problems. In some areas, Big White Wall also offers a live therapy involving one to one online therapy with experienced counsellors and therapists via webcam, audio or instant messaging. Big White Wall is also available as an App.

## Self-Help Apps for Young Adults

### Anxiety and Low Mood

**MoodGYM** is an internet-based therapy program designed to prevent depression in young people although people who are older may also find it helpful. It is a free, fun, interactive program to help young people based on cognitive behavioural and interpersonal therapy. It consists of 5 modules, which help you to explore:

- Why you feel the way you do
- Changing the way, you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

[www.moodgym.anu.au/welcome](http://www.moodgym.anu.au/welcome)

**SuperBetter** is a free web and app based program created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated and optimistic even in the face of difficult challenge. Resilience has a powerful effect on health by boosting physical and emotional well-being. SuperBetter is for young people who want to feel happier and less anxious.

[www.superbetter.com/how\\_it\\_works](http://www.superbetter.com/how_it_works)

### Anxiety

**Mindshift** is a free app designed to help young adults cope with anxiety. It can help you make an important shift and try to face it. The resource lists symptoms of anxiety and offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety and perfectionism. It also contains relaxation exercises.

[www.anxiety.bc.com/resources/mindshift-app](http://www.anxiety.bc.com/resources/mindshift-app)

### Relaxation and Mindfulness

**Headspace** is a Mindfulness App. They use this on aeroplanes to help calm people who are nervous about flying. It has amazing benefits for bringing you back to a calmer more controlled space within yourself. Download the App and choose a meditation of 3 or 5 minutes and that's it. Simple.

[www.headspace.com](http://www.headspace.com)

### Sleep Problems

**Sleepio** is a sleep improvement program of proven Cognitive Behavioural Therapy (CBT) techniques. Over a number of tailored sessions, the app will teach you a range of cognitive and behavioural techniques, designed to get your sleep schedule, thoughts and lifestyle into shape.

[www.sleepio.com](http://www.sleepio.com)