



# Wellbeing Apps



Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.



Headspace is a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app you can track your progress and notice change.



Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.



Clear Fear is a free app providing ways to manage worry and anxiety. It uses a cognitive behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful resources and a grit box to boost resilience. It is recommended for the ages of 11-19 years.



# Wellbeing Services



BUZZ US is a confidential text messaging service for help, information and advice about mental health and wellbeing for children aged 11-18 in North Yorkshire. To use the service text 07520 631168 or visit <https://www.compass-uk.org/buzz-us/> to find out more.

FRANK is a website that provides information about drugs and alcohol, their effects and the law. There is also a support phone line, text service, email service and live chat service for friendly, confidential advice.



Kooth is an online mental health service for children, young people and adults. In North Yorkshire, Kooth offers free online counselling and emotional well-being support for children and young people, accessible through mobile, tablet and desktop.



Child Line is a free, confidential service for anyone under 19 in the UK, where you can talk about anything. Whatever your worry, whenever you need help, you can talk to childline online or on the phone, any time.



Beat is a website that provides information about eating disorders, recovery and support services. Beat also provide helplines for adults and young people offering support and information.

The Mix is a support service for young people aged 13-25, there to help you with any challenges, e.g. mental health, money issues, homelessness, break-ups or drugs. The website provides information, articles and video content. You can also talk to them online or through a free, confidential helpline.



**PAPYRUS**

Papyrus is the national charity dedicated to the prevention of young suicide. They provide confidential support and advice to young people and anyone worried about a young person, through their website and helpline.

Young Minds are there to ensure young people get the best possible mental health support. They have an informative website and a parent helpline plus a YoungMinds Crisis Messenger service for young people experiencing a mental health crisis.



NHS 111 is a service that you can use if you have an urgent medical problem and you're not sure what to do. They have a website and a helpline. You can ask for a translator if you need one.

Samaritans is a charity dedicated to reducing feelings of isolation. They operate a helpline and email service for anyone who needs someone to talk to. They listen, don't judge, and don't tell you what to do.



MESMAC is a sexual health project that offers a range of services for different community groups, including young LGB&T people.

Stonewall campaigns for the equality of lesbian, gay, bi and trans people. Their website offers help and advice and they also have a telephone information service.

