



Self-help for Young People



Useful web-links and helplines



Moodjuice—will help you think about emotional problems and work towards solving them.

<http://www.moodjuice>



AnxietyBC Youth—Promotes awareness of anxiety through the use of an interactive self help resource.

<http://youth.anxietybc.com/anxiety-101>



Young Minds—will help you to explore some common feelings and mental health symptoms, how to cope, and where to go to get help .

<https://youngminds.org.uk/find-help/feelings-and-symptoms/>



The organised student—provides resources to help students find the motivation to study and achieve your goals.

<http://theorganisedstudent.tumblr.com/>



Childline.org.uk – support for young people in emotional distress



TheCalmZone.net—male specific helpline
<https://www.thecalmzone.net/>



Samaritans— emotional support line for young people (UK helpline 116 123)
<https://www.samaritans.org/education/young-people>



NHS MoodZone – providing information on common mental health concerns including dealing with anger, exams etc.

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>



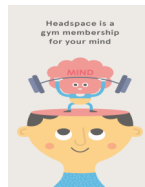
BBC Radio 1 – specific pages looking at relationships, exams, drink, drugs etc.

<http://www.bbc.co.uk/programmes/articles/4PPP6YxNrgk4dXNjrcvctZg/mental-health>

Self-help apps



MindShift—will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your Anxiety.



HeadSpace—teaches you the basics of meditation and mindfulness.



FOR ME—was 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.



Calm Harm— provides tasks that help you resist or manage the urge to self-harm.

Distract helps to combat the urge by learning self-control;

Comfort helps to care rather than harm;

Express helps get feelings out in a different way;

Release provides safe alternatives to self-injury.