

	SELF HELP APPS	TO TRY
	Арр	Description
Ċ	Calm Harm	To help manage and understand self-harm
HEADSPACE	Headspace	To help calm and still your mind
	MindShift CBT – Anxiety Relief	To help manage and understand anxiety
	Be Okay	To help manage and understand panic attacks
•	SAM – Self Help App for the Mind	To help manage and understand anxiety
$\mathcal{M}$	Freedom	To allow you to block social media apps and websites to reclaim focus
	Stop, Breathe and Think	Guided meditations to help you relax, reduce anxiety and give you space
Å	Present - Guided Meditation	Guided meditations to help you relax and sleep
26	Mindful Gnats	An app to help young people develop mindfulness and relaxation
77	Motivation	Daily positive quotes to help you live a happier life
	Moodfit	Fitness for your Mental Health
-	Smiling Mind	Meditation for young people 7 years and up. Developed to bring balance
<u>St</u>	SuperBetter	Build personal resilience, ability to stay strong, motivated and optimistic eve in challenging circumstances.
h	Happify	Science of happiness into activities and games that help you lead a more fulfilling life.
	SAM	SAM is an app to help you understand and manage anxiety.





	Self-Help Online Resources					
Organisation	Description	Website				
BEAT	Support & advice about eating disorders.	Helpline 0808 801 0677 9am- 8pm Monday- Friday Weekends - 4pm-8pm <u>The UK's Eating Disorder Charity - Beat</u> (beateatingdisorders.org.uk)				
The Mix	Mental health & wellbeing information, support & advice for under 25s.	<ul> <li>Crisis Messenger</li> <li>https://www.themix.org.uk/</li> </ul>				
Moodjuice	Work through a self-help guide that uses cognitive behavioural therapy (CBT) to improve self- esteem.	Self-esteem self-help guide   NHS inform				
Moodzone NHS	Tips and advice to boost mental health & self-help tools.	Mental health - NHS (www.nhs.uk)				
Students Against STUDERTS AGAIKST DEPRESSION	A website offering advice and guidance to those affected by low mood, depression and suicidal thinking.	https://www.studentsagainstdepression.org/				
Young Minds YOUNGMINDS Fighting for young people's mental health	Support and information for young people worried about their mental health and wellbeing	https://youngminds.org.uk/				
SAMH SANN for Scotland's mental health	Every young person deserves to grow up with an understanding of mental health	Children and young people   SAMH				
Childline childline	Whatever your worry, it is better out than in. We're here to support you.	Helpline 0800 1111 <u>1-2-1 counsellor chat</u> online. <u>https://www.childline.org.uk/get-support/</u>				
Samaritans	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.	24/7 Call free on 116 123 Email jo@samaritans.org				



Self-Help Online Resources				
Organisation	Description	Website		
Place 2 Be Place 2 Be Improving children's mental health	Mental health support for under 18s	Text SHOUT to 85258. Free, 24 hours a day.		
Breathing	A confidential phoneline for anyone in Scotland over the age of 16, feeling low, anxious or depressed.	Helpline 0800 838587 Monday-Thursday 6pm to 2am Friday 6pm-Monday 6am		
Aye Feel by Young Scot	How to look after your emotional wellbeing, support from organisations and tips on how to promote a positive mindset.	Aye Feel Young Scot		
The Junction	You can use our Drop-In or Digital Drop-In to have a free, confidential, one- to-one chat with a worker.	Text 07758348850 Email: support@the-junction.com		
The Spark	Youth counselling is about providing teenagers with an opportunity to discuss any issues they are struggling with.	Freephone: 0808 8022088		

Mental Health and Wellbeing Podcasts					
Genre	Name and Graphic				
Anxiety/Self-Help Podcasts	The Self-Help Podcast	Not another anxiety show NOT ANOTHER ANXIETY SHOW	The You Project		
	Warrior Mind Coach	Your Motivational High 5 YOUR MOTIVATIONAL HIGH 5			



Mental Health and Wellbeing Podcasts				
Genre	Name and Graphic			
Eating Disorders	The Eating Disorder Therapist Podcast	End Eating Disorders	The Recovery Warrior Show	
	Eating Disorders in Discussion Eating Disorder in Discussion. Wednesday's	Take the Cake	Food Psych with Christy Harrison	
Grief	Grief Cast	The Grief Gang <sup>The</sup> Grief Gang.	Terrible, Thanks for Asking	
Self-harm	Let's Talk about Self- harm	<ul> <li>What It Takes; Tiny Leaps, Big Changes</li> <li>The Habit Coach with Ashdin Doctor</li> </ul>		
Relationships and Positive Psychology	Where we should begin	Happy Place	ON Purpose with Jay Shetty	
Inspirational and Resilience	Road to Resilience ROAD TO RESILIENCE	The School of Greatness with Lewis Howes	The Daily Boost	
For Parents	The Psychology of Self- Injury (parents) The Psychology SELF-INJURY	Talking to Teens	The Parent and Teen Toolbox	
Other genres	Let's Talk about Self- harm	Feel Better, Live More	Sleep Junkies	