

Dear All

Here are some helpful sources that support maintaining positive mental health - hope they are useful!

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Useful tips and resources to help young people while self-isolating

<https://kooth.com/>

Free online counselling and support for young people, 12pm – 10pm Mon-Fri.

<https://nopanic.org.uk/youth-hub/>

Free helpline 0330 6061174 and resources for yp suffering with panic attacks and anxiety

<https://daylio.webflow.io/>

Free App that's a mood journal and tracker

<https://calmharm.co.uk/>

Free app supporting yp who self harm

<https://papyrus-uk.org/hopelineuk/>

Free helpline 08010 0684141 text 07860039967 for anyone worried about a young person or someone considering suicide

<https://insighttimer.com/>

Free app with guided meditations, music and self-help exercises

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