

Self-help Resources for Mental Health and Wellbeing (Information/Support)

****The resources provided are intended for self-help and are not intended as a substitute for professional services. Please seek help from a crisis service, doctor or Mental Health Service if you are in crisis. In a life threatening situation please call 999 or visit your local A&E department****

Kooth

Web: www.kooth.com

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

MoodJuice

Web: www.moodjuice.scot.nhs.uk/

Moodjuice offers information, advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems.

Headspace: Meditation and Mindfulness Made Simple (APP)

Web: www.headspace.com/

Live a happier, healthier life with just a few minutes of meditation a day on the **Headspace** app.

MoodGym

Web: www.moodgym.com

Moodgym is an interactive self-help program that provides cognitive behaviour therapy (CBT) training to help users prevent and cope with depression and anxiety.

Mindshift (APP)

Web: <https://www.anxietybc.com/resources/mindshift-app>

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

No Panic - Helping you break the chains of anxiety disorders

Web: www.nopanic.org.uk

This site provides valuable information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD).

Calm Harm: Manage the Urge to Self-Harm (APP)

Web: www.stem4.org.uk/calmharm

Calm Harm is a Clinician-Developed App that helps manage the urge to self-harm.

FearFighter

Web: <http://ccbmain.cbtprogram.com/products/fearfighter/>

FearFighter is a cognitive behavioural therapy-based online self-help course for treating panic and phobia. It teaches ways to tackle panicky or anxious thoughts and to stop avoiding the things that cause them. FearFighter consists of nine computer-based sessions lasting about an hour each. ****Charges and/or referral may apply****

PAPYRUS (Prevention of Young Suicide)

Web: www.papyrus-uk.org/

HopeLineUK is a specialist telephone service staffed by trained professionals who give non-judgmental support, practical advice and information to:

- Children, teenagers and young people up to the age of 35 who are worried about how they are feeling.
- Anyone who is concerned about a young person.

Opening hours of HopeLineUK- Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm

#Stay Alive (Suicide Prevention) (APP)

Stay Alive is a pocket suicide prevention resource. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. This App has some helpful features that you can personalise to help you eg. Safety Plan, upload photos to your LifeBox, Fill in your Reasons for Living and much more.

This App is a self-help tool and is not a substitute for professional services.

Young Minds

Web: www.youngminds.org.uk

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines).

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25

Mermaids UK

Web: www.mermaidsuk.org.uk/

If you are a young person that feels at odds with their birth gender, or you are a parent with a child who feels this way, Mermaids can help.

The Waiting Room (TWR)

Web: www.thewaitingroom.org

Birmingham and Solihull Health and Wellbeing services at your fingertip. TWR provides an alternative approach to taking control of our own health and well-being. It is a virtual bridge across "The Information Chasm" that connects support services to the recipient almost instantly.

The Mix

Web: www.themix.org.uk

Honest information and support for young people in the UK on a range of issues.

Solgrid

Web: www.solgrid.org.uk

Supporting lesbian, gay, bisexual, trans and gender questioning pupils.

Mental Health Foundation

Web: www.mentalhealth.org.uk

Charity improving the lives of those with mental health problems or learning disabilities.

MindEd

Web: www.minded.org.uk

At its heart, MindEd provides practical knowledge that gives adults confidence to identify a mental health issue and act swiftly, meaning better outcomes for the child or young person involved. Advice on depression, anxiety, ADHD & self-harm.

Beat Bullying

Web: www.beatbullying.org

Bullying UK, part of Family Lives, is a leading charity providing advice and support to anyone affected by bullying. We want to help beat bullying and promote all aspects of mental health and wellness. We provide resources to help educate you on bullying, depression, anxiety and other disorders. We want to help you improve your mental health.

Rape&Sexual Violence Project (RSVP)

Web: www.rsvporg.uk

At RSVP, we believe that everyone deserves a life free from sexual violence and abuse. We offer empathic services to support and inspire children and adults of all genders who have been affected by sexual violence and abuse. Our confidential services are delivered with compassion, professionalism and humanity. We're here to offer you the tools, and understanding, to enable you to overcome the effects of sexual violence and make positive, meaningful; changes for a hopeful and confident future.

If you have been affected by sexual abuse, you can access of free services. Get in touch with us to find out how we can support you on 0121 643 0301 or info@rsvporg.c.uk

Kidscape

Web: www.kidscape.org.uk

We deliver high impact programmes of support for children, parents, carers and professionals to prevent bullying and keep children safe. ZAP-ZAP is a FREE one-day workshop for children and young people aged 9-16 who have experienced bullying, funded by the Big Lottery Fund.

Bread

Web: www.breadeatingdisorders.org.uk/

Eating Disorders support groups, relaxation, anxiety management workshops and training.

Beat

web: www.b-eat.co.uk

Adults over 18 including parents, teachers or concerned adults **Tel: 0345 634 1414** (Mon-Wed, 1pm-4pm) Support forums (7 days a week) **email:** help@b-eat.co.uk

Under 25s. Tel: 0345 634 7650 - (Mon-Wed, 1pm-4pm)

Support forums (7 days a week) **email:** fyp@b-eat.co.uk

Beat provides helplines for adults and young people offering support and information about eating disorders and difficulties with food, weight and shape. We also have an email service and an online one to one service.

vInspired

Web: www.vinspired.com

vInspired is the UK's leading youth volunteering charity providing 14-25 year olds with volunteering and social action opportunities. Young people become more skilled, confident and employable.

FRANK

Web: www.talktofrank.com

Friendly and confidential drugs advice

SMS- 82111 Tel- 0300 123 6600

Family Lives

Web: www.familylives.org.uk

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children. We provide a 24 hour helpline (see website), advice website, live chat and parenting/relationship support groups.

Whatever the issue big or small you can call us our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

Youth Beyond Blue

Web: www.youthbeyondblue.com

Information, resources and support for young people dealing with depression and/or anxiety. Youth beyond blue, aims to empower young people aged 12–25, their friends and those who care for them to respond to anxiety and depression. We support and promote environments and settings that build on strengths of young people and respond to ongoing change.

Child Bereavement UK: Rebuilding Lives Together

Web: www.solihullbereavement.org

Solihull Bereavement Counselling Service (SBCS) was established in 1987 and has a team of dedicated professionals and trained volunteers who provide a sensitive service for people living or working in Solihull. Their purpose is to help bereaved people to come to terms with their grief in the way most appropriate for them and to help identify ways of moving on with their lives. The service is confidential and they work individually with children over the age of 16.

Cruse Bereavement Care

Web: www.crusebereavementcare.org.uk

Bereavement care, counselling and support through telephone helpline, individual counselling and supportive group work.

King Edward Building

Corporation Street

Birmingham B4 6SE

Tel: 0121 684 8010 or 0808 808 1677