

# ARE YOU FEELING DOWN, STRESSED OR ANXIOUS?

Here are some websites of organisations providing information, advice and 1-2-1 support:



## CHILD AND FAMILY HEATH DEVON (CAMHS)

[CHILDRENANDFAMILYHEALTHDEVON.NHS.UK/CAMHS/](http://CHILDRENANDFAMILYHEALTHDEVON.NHS.UK/CAMHS/)

NHS service for mental health for children and young people under 18. Website contains useful advice and links, including how to self-refer and telephone number to use in a crisis

The logo for Children & Family Health Devon, featuring the text 'Children & Family Health Devon' in a teal and yellow color scheme.The Kooth logo, which consists of the word 'kooth' in a bold, lowercase font. The two 'o's are replaced by speech bubble icons.

## KOOTH.COM

A free, online, anonymous and award-winning counselling and advice service for teenagers and young adults.

## YOUNGDEVON.ORG

Advice and support for teens and young adults, including health and wellbeing, skills and accommodation

The Young Devon logo, featuring the words 'YOUNG DEVON' in white, uppercase letters on a black background, with a white abstract shape to the right.

## YOUNGMINDS.ORG.UK

National charity with extensive symptoms-based information for young people and the parents of children and young people, tips on self-care and further resources available

The Young Minds logo, featuring the words 'YOUNGMINDS' in a bold, yellow and black font.

## THEMIX.ORG.UK

Free, confidential support for young people under 25 via online, social and mobile, in areas covering mental health, drink and drugs, money, sex & relationships and more.

The Mix logo, featuring the words 'THE MIX' in a colorful, stylized font with 'Essential support for under 25s' written below it.The Childline logo, featuring the word 'childline' in white, lowercase letters on a blue background.

## CHILDLINE.ORG.UK

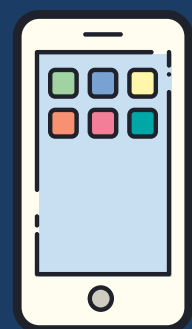
National organisation available online or by phone for children and young people of all ages at any time of day or night. for worries about bullying, mental health, school and anything else.

**AND IF YOU CAN'T FIND WHAT YOU ARE LOOKING FOR.....**

...try [www.camhs-resources.co.uk](http://www.camhs-resources.co.uk) for lots more helpful websites and resources

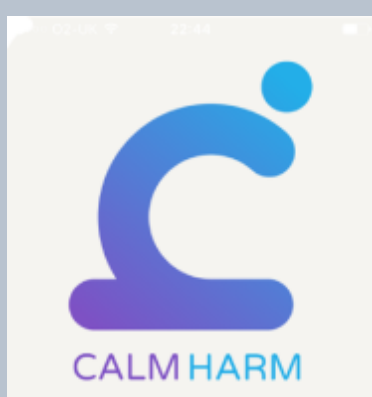
# APPS...

...can be a great way to help in the moment, as well as helping find longer term solutions. See if any of the below suit you:



## SMILINGMIND.COM.AU

Free mindfulness and meditation app, website and workbooks, with a focus on sleep and mental health. Dedicated programmes aimed at youths or adults.



## CALM HARM

An app designed to help teenagers resist or manage the urge to self-harm. Private and password protected

## SAFESPOT

SafeSpot gives children and young adults their own personalized coping plan as well as useful strategies, tools and directions to helpful local resources



## HAPPIME

Free, CBT-based app designed to help raise self-esteem, self-confidence and happiness levels by teaching the power of thinking positively and how to choose a more helpful way of thinking. Separate (free) apps for children and young people.

## HEADSPACE

Well-known mindfulness, meditation and sleep app for all ages, 'to improve health and happiness'. Free basics courses and articles on the website (age-appropriate options available; further resources require payment).



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...try [www.camhs-resources.co.uk](http://www.camhs-resources.co.uk) for lots more apps, books and other resources



**REMEMBER: IF YOU OR YOUR CHILD IS IN IMMEDIATE DANGER, PLEASE GO TO THE EMERGENCY DEPARTMENT OR CALL THE POLICE**



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02/05/2021