



Great websites & phone numbers!

☺ **ChildLine** – Free to phone 0800 1111 (24 hours) www.childline.org.uk

Online chat | message boards. Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child or young person with a problem. It comforts, advises and protects.

☺ **Kooth.com** – www.kooth.com

Online counselling and self-help resource for young people; people can create an account online and request counselling which is delivered via instant messaging. Children and young people can set profiles and track their mood, as well as access other support services such as peer forums – its free to access for Oldham residents due to be accessible. When are Kooth counsellors online? Monday-Friday 12 noon till 10pm Weekend 6pm till 10pm

☺ **Get Connected** - 0808 808 4994 (Free 7 days a week 1pm-11pm)
www.getconnected.org.uk

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

☺ **Young Minds** - www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

☺ **Youth2Youth Helpline** - 0208 896 3675 (Monday & Thurs 6.30-9.30pm)
www.youth2youth.co.uk

A confidential helpline run by young people for young people up to 19 years of age who need emotional support.

☺ **Samaritans** - 08457 90 90 90 (24 hrs 7 days a week) www.samaritans.org.uk

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Useful Apps!



☺ **Headspace:** Mindfulness and Relaxation Skills

Headspace is an app designed to teach young people simple mindfulness and relaxation skills. These skills can help to reduce stress, and improve awareness of your body, mind and world.

☺ **Mindshift:** To help you cope with anxiety.

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.

☺ **Daylio:** Track your mood and sleep patterns.

Daylio enables you to keep a private diary without having to type a single line.

☺ **Moodtrack:** Interactive app to help you improve low mood.

Graph your moods in a fun exciting way, keep track of weeks and months to learn about yourself and live a little better.

☺ **SmilingMind:** Modern Meditation for young people aged seven years and above.

Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

☺ **Sleep meditations for kids:** Relaxing free kids meditation.

These deeply relaxing meditations can help children with, sleep issues, anxiety, and insomnia..