



Apps, support lines and websites for specific support

A – C

Anxiety, worry and panic attacks websites **for pupils**

CCI workbook social anxiety [Social Anxiety Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](https://health.wa.gov.au)

Anxiety UK [Types of Anxiety - Anxiety UK](https://www.anxietyuk.org.uk)

Anxiety a guide for young people [Anxiety and Anxiety Disorders | Signs and symptoms | YoungMinds](https://www.youngminds.org.uk)

Anxiety self-help guide [Anxiety self-help guide | NHS inform](https://www.nhs.uk)

Anxiety disorder factsheet [What is anxiety? \(rethink.org\)](https://www.rethink.org)

CCI anxiety workbook [Anxiety Self-Help Resources - Information Sheets, Worksheets & Workbooks \(health.wa.gov.au\)](https://health.wa.gov.au)

No panic (anxiety, panic, OCD, phobia advice and support) [Home - NoPanic](https://www.nopanic.org)

Panic attacks – a guide for young people [Panic Attacks | Signs and Symptoms | YoungMinds](https://www.youngminds.org.uk)

Panic self-help guide [Panic self-help guide | NHS inform](https://www.nhs.uk)

CCI panic workbook [Panic Disorder Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](https://health.wa.gov.au)

CCI workbook worry and rumination [Generalised Anxiety Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](https://health.wa.gov.au)

Anxiety, worry and panic attacks apps



Clear Fear – Activities and ideas to help manage symptoms of anxiety. [Home - Clear Fear App \(stem4.org.uk\)](https://stem4.org.uk)



Dare: Panic & Anxiety Relief – Help to manage anxiety and panic attacks. [Dare App - Dare Response](#)



Happify - Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life. [Happify - Apps on Google Play](#)



Mindshift - An app designed to help teens and young adults cope with anxiety. [MindShift® CBT App | Anxiety Canada](#)



Worry Tree - The Worry Tree app aims to help you take control of worry wherever you are. [WorryTree Mobile App — WorryTree \(worry-tree.com\)](#)



What's Up? – Information, calming techniques, coping strategies for worries and habit tracker. [What's Up? - Mental Health App - Apps on Google Play](#)



Tappy – Self-care fidgeter, helps reduce stress and anxiety [Tappy: Self Care Fidgeter on the App Store \(apple.com\)](#)



Lumi Nova – anxiety therapy [Lumi Nova: Tales of Courage](#) (free for all Gloucestershire young people and schools)

Assertiveness

CCI workbook assertiveness [Improving Assertiveness Self-Help Resources - Information Sheets \(health.wa.gov.au\)](#)

Body dysmorphic disorder (BDD)

BDD NHS [Body dysmorphic disorder \(BDD\) - NHS \(www.nhs.uk\)](#)

Support groups [Support Groups in the UK - BDDF \(bddfoundation.org\)](#)

International OCD Foundation [Body Dysmorphic Disorder | BDD | Body Preoccupation \(iocdf.org\)](#)

Bereavement for pupils

Child Bereavement UK <https://www.childbereavementuk.org>

Sunflowers (loss through suicide) [Supporting Those Bereaved by Suicide | Gloucestershire Suicide Bereavement | Sunflowers Suicide Support](#)

Suicide bereavement [Immediate Support Resources - Suicide Bereavement UK](#)

Winston's Wish [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)

Hope Again [Hope Again](#)

Talk grief (grief support for teens and young adults) [Home \(talkgrief.org\)](#)

Help is at Hand – support after a death by suicide [HIAH Booklet 2021 V5-1-2.pdf \(suicidebereavementuk.com\)](#)

Bereavement for parents/carers

2Wish (support after the sudden and unexpected death of a child or young person aged 25 and under [Home - 2 Wish](#)

Child death helpline [Child Death Helpline - Home](#)

Help is at Hand – support after a death by suicide [HIAH Booklet 2021 V5-1-2.pdf \(suicidebereavementuk.com\)](#)

Breathing techniques

7/11 breathing [7-11 Breathing Exercise \(youtube.com\)](#)

Belly breathing [Breathing Technique to Relax: Belly Breathing Exercise with Dora Kamau \(youtube.com\)](#)

Square breathing [Square Breathing Visual \(youtube.com\)](#)

5-finger breathing [Five Fingers Breathing Exercise \(youtube.com\)](#)

Bullying

Kidscape (advice for young people) [Bullying Advice For Young People | Help With Bullying \(kidscape.org.uk\)](#)

Contraception and sexual health

Hope House <https://www.hopehouse.nhs.uk>, School Nurse (Tuesday lunchtime drop-ins via reception) [ChatHealth > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](#)

Cyber activity

[Cyber Choices - National Crime Agency](#), a national programme co-ordinated by the National Crime Agency and delivered by the Local Police Force Cyber teams. They educate on law around cyber activity and promote positive, legal cyber opportunities.

Anyone can contact them for advice, incl. parents. They offer two lesson plans for KS3 pupils and a range of information packs for different age groups on their website. The local team can also come into schools to deliver talks to pupils.

The contact details for the local team are:

PC 676 Simon Williams, 250676@gloucestershire.police.uk

PC 2469 Iain Blow 252469@gloucestershire.police.uk

DIIU Digital Intelligence and Investigations Unit Gloucestershire Police.

D – F

Disordered eating **for parents/carers**

Book 'Overcoming Binge Eating' by Chris Fairburn

Beat website [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

Beat offer one-to-one webchat, email and telephone [support](#), Beat Helpline England: [0808 801 0677](tel:08088010677)

[Online resources](#) by the Psychologist Eva Musby. Eva has a child with an eating disorder.

TIC+ now offer counselling for disordered eating (low level presentations). Referrals to TIC+ are self-referrals or referrals by parents/carers only.

Self-referral to the Brownhill Centre (Gloucestershire Eating Disorder Service) [Eating Disorders Service Gloucestershire > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](http://eatingdisorderservicegloucestershire.glos.nhs.uk)

FREED (16-25) [First Episode Rapid Early Intervention for Eating Disorders | FREED \(freedfromed.co.uk\)](http://freedfromed.co.uk)

Disordered eating **for pupils**

Beat [Get help for myself - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

Brownhill Centre (Gloucestershire Eating Disorder Service) [Eating Disorders Service Gloucestershire > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](http://eatingdisorderservicegloucestershire.glos.nhs.uk)

School Nurse (Tuesday lunchtime drop-ins via reception) [ChatHealth > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](http://chathealth.glos.nhs.uk)

FREED (16-25) [First Episode Rapid Early Intervention for Eating Disorders | FREED \(freedfromed.co.uk\)](http://freedfromed.co.uk)

Distress tolerance

CCI self-help workbook [Tolerating Distress Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](http://health.wa.gov.au)

Drugs (see substance misuse)

G – J

Gaming

Talk About Trust [Gaming - staying in control | Life Stuff \(life-stuff.org\)](#)

Young Minds [Gaming and Mental Health | Getting Mental Health Support | YoungMinds](#)

Grounding techniques

54321 [The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety \(youtube.com\)](#)

Homelessness

Gloucestershire Nightstop – emergency and long-term accommodation in a host’s home for 16-25 year olds. Includes own room, food, laundry and washing facilities. Long-term support includes a support worker and help with independence skills (budgeting, bills, shopping, cooking, cleaning) [Gloucestershire Nightstop - Youth Homelessness Charity](#), phone: **01452 331 330**

Gloucester City Council - email at heretohelp@gloucester.gov.uk or telephone **01452 396396** (ask for Homeless Team)

EDT (Emergency Duty Team, outside office hours) **01452 614194**

Homeless team email homeless.team@gloucester.gov.uk

I – L

LGBTQ+ for parents/carers

Young Glos family Support: [Family Gender Support | Young Gloucestershire \(youngglos.org.uk\)](#)

GayGlos parents groups: [Parents Group | GayGlos](#)

[Fflag \(support for families and parents\) About - FFLAG](#)

LGBTQ+ for pupils

Gay Glos [Youth Group | GayGlos](#)

The Mix [Get Support - The Mix](#)

[The Mix Gender and Sexuality Gender And Sexuality | How To Define Sexuality | The Mix](#)

Mind Out [MindOut | Mental Health Charity for LGBTQ community](#)

[Gloscats \(provides support for the transgender community in Gloucestershire\) Welcome to the Gloscats homepage, providing support, social events for the Transgendered in Gloucestershire and beyond](#)

Stonewall (information and support for LGBTQ communities and their allies) [Stonewall](#)

LGBT Foundation (a national charity offering information, advice and support services) [Home - LGBT Foundation](#)

Switchboard LGBT+ (one-stop listening service for LGBT+) [Homepage | Switchboard](#)

Mermaids (helps gender-diverse kids, young people and their families) [Helpline Support Services - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)

Low mood and depression for pupils

Young Minds Depression [Depression | Signs and Symptoms | Mental Health | YoungMinds](#)

NHS Inform Depression [Depression | NHS inform](#)

Depression factsheet [What are the signs and symptoms of depression? \(rethink.org\)](http://rethink.org)

CBT workbook [wellbeing-team-cbt-workshop-booklet-2016.pdf \(hpft.nhs.uk\)](#)

CCI depression workbook [Depression Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](#)

Anna Freud Centre (self care) [For children and young people | Anna Freud](#)

NHS 'How to Be Happier' [How to be happier - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Your Circle (a directory to help you connect with people, places and activities in Gloucestershire) [Home | YourCircle](#)

Glofamilies Directory (a directory to help you connect with people, places and activities in Gloucestershire) [Glofamilies Directory | Are you a Young Person looking for help or advice?](#)

Low mood and depression apps



Move Mood – Help to manage behaviours associated with low mood and depression. [Home - Move Mood App \(stem4.org.uk\)](#)

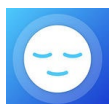


MoodGym - An online cognitive behaviour therapy program for depression and anxiety [moodgym - Interactive skills training for depression and anxiety](#)



MoodKit - Uses CBT principles to help with low mood and anxiety. [Bending Spoons | Impossible. Maybe.](#)

Daylio – Mood journal. [Daylio - Journal, Diary and Mood Tracker](#)



MindShift – Managing anxiety and mood journal. [MindShift® CBT App | Anxiety Canada](#)



Cove - Create music to reflect emotions like joy, sadness and anger to help express how you feel. [Cove \(cove-app.com\)](http://cove-app.com)

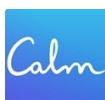
M – O

Mental wellbeing NHS [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Mindfulness and meditation apps:



Smiling Mind - A meditation program developed by psychologists and educators to help bring mindfulness into your life [App — Smiling Mind](#)



Calm - Meditation techniques to aid with stress and sleep [Calm - The #1 App for Meditation and Sleep](#)



Headspace - A meditation app that acts as a personal guide to health and happiness [Headspace: Meditation & Sleep - Apps on Google Play](#)



The Mindfulness app – Help to reduce stress, learn how to meditate and improve sleep. [The Mindfulness App | Meditation and Sleep to improve health](#)



Mindful Powers – Learn about mindfulness and play mindfulness activities. [Mindful Powers™ on the App Store \(apple.com\)](#)



1 Giant Mind – An app that teaches you to meditate [1 Giant Mind: Learn Meditation - Apps on Google Play](#)



Insight Timer – guided meditation [Insight Timer — #1 Free Meditation App](#)

Neurodiversity for pupils

National Autistic Society [National Autistic Society \(autism.org.uk\)](https://www.autism.org.uk)

ADHD Foundation [Home - ADHD Foundation : ADHD Foundation](#)

Gloucestershire neurodiversity youth project (free webinars, summer chill and chat) [Gloucestershire Neurodiversity Youth Project - ADHD Foundation : ADHD Foundation](#)

Neurodiversity for parents/carers

National Autistic Society [National Autistic Society \(autism.org.uk\)](https://www.autism.org.uk)

ADHD Foundation [Home - ADHD Foundation : ADHD Foundation](#)

Gloucestershire neurodiversity youth project (free webinars, summer chill and chat) [Gloucestershire Neurodiversity Youth Project - ADHD Foundation : ADHD Foundation](#)

Child autism UK [Support, advice and services for autistic children - Child Autism UK - releasing potential](#)

PEAK support for parents/carers of autistic children [Families \(parentingempoweredautistickids.com\)](https://parentingempoweredautistickids.com)

GloSFamilies directory [GloSFamilies Directory | Autism & ADHD](#)

NHS autism [Autism - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Mencap (a national charity that provides advice and support for people with a learning disability and their families) [Learning Disability - Down syndrome - Williams syndrome | Mencap](#)

The HALT Project (7-16, for neurodiverse pupils struggling to attend school) [HALT - Humans & Animals Learning Together | Cheltenham Animal Shelter \(gawa.org.uk\)](#)

Nutrition

NHS Eat Well [Eat well - NHS \(www.nhs.uk\)](https://www.nhs.uk), NHS Water, Drinks and Hydration [Water, drinks and hydration - NHS \(www.nhs.uk\)](#)

OCD

OCD-UK [OCD-UK | A national OCD charity, run by, and for people with lived experience of OCD \(ocduk.org\)](https://www.ocduk.org)

[OCD Action OCD Action](#)

Anxiety UK [Types of Anxiety - Anxiety UK](#)

OCD apps



No OCD Helps with those suffering from obsessive compulsive disorder. [NOCD: OCD Therapy and Tools - Apps on Google Play](#)

Online safety for parents/carers

[Thinkuknow - home](#)

Childnet [Parents and carers - Childnet](#)

Parentsafe - [Home \(lgfl.net\)](#)

Parent Zone [Home | Parent Zone](#)

[Report harmful content Report Harmful Content - We Help You Remove Content](#)

[Ineqe online safety Online Safety - Ineqe Safeguarding Group](#)

[Get safe online Get Safe Online | The UK's leading Online Safety Advice Resource](#)

Internet matters [Keep Children Safe Online: Information, Advice, Support - Internet Matters](#)

Online safety **for pupils**

Internet Watch Foundation - supports victims to get sexual images or videos removed [Homepage | Internet Watch Foundation \(iwf.org.uk\)](#)

Report Remove – supports with the removal of indecent images from social media [Report Remove | Childline](#)

Shore - a safe place for teenagers worried about sexual behaviour, including their own. Topics include sending / receiving nudes, dealing with regrets, enthusiastic consent, worries about sexual harm [Home - Shore \(shorespace.org.uk\)](#)

P – R

Perfectionism

CCI perfectionism workbook [Perfectionism Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](#)

Procrastination

CCI procrastination workbook [Procrastination Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](#)

Progressive muscle relaxation

[Jacobson Relaxing - English version \(youtube.com\)](#)

Relationships and Abuse **for pupils**

STREET (Supporting Teenage Relationship Education and Empowerment) [STREET - GloucesterCYP \(ygtglos.org.uk\)](#)

GDASS (Gloucestershire Domestic Abuse Support Service) [Home - Gloucestershire Domestic Abuse Support Service \(GDASS\)](#)

Respect (for male victims) [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#)

[Refuge \(domestic abuse support for women\) Refuge, the largest UK domestic abuse organisation for women](#)

Lucy Faithful Foundation [Lucy Faithfull Foundation | Preventing Child Sex Abuse National Stalking Helpline Suzy Lamplugh Trust](#)

Hollie Gazzard Trust (information for those affected by abusive relationships or stalking) [Get Help - Hollie Gazzard Trust](#)

IDAS (resources on healthy relationships) [What we do - IDAS](#)

Shore - a safe place for teenagers worried about sexual behaviour, including their own. Topics include sending / receiving nudes, dealing with regrets, enthusiastic consent [Home - Shore \(shorespace.org.uk\)](#)

NSPCC - young people and adults can 'report abuse in education' on 0800 136 663 or help@nspcc.org.uk

GRASAC (Gloucestershire Rape and Sexual Abuse Centre) [Home | Gloucestershire Rape and Sexual Abuse Centre \(glosrasac.org\)](#)

[GRASAC Self-help guides \(incl. for boys and men\) Self-Help Guides | Gloucestershire Rape and Sexual Abuse Centre \(glosrasac.org\)](#)

[Gloucestershire counselling services \(free counselling for victims of sexual abuse/rape\) Home - Gloucestershire Counselling Services \(gloscounselling.org.uk\)](#)

[SARC \(Hope House Sexual Assault Referral Centre \(SARC\) SARC | Hope House Sexual Health Services](#)

Based at Gloucester Royal Hospital, Hope House SARC is a discreet and inclusive service, offering immediate support to anyone (of any gender) who has been sexually abused, including:

- 24-hour advice for you, your family and friends
- Emergency contraception and assessment for HIV and Hepatitis B.
- Information on your reporting options
- Medical examination to gather forensic evidence, with the option to self-refer (without police) and have forensic samples stored, allowing you time to think.
- Referrals to other agencies, including sexual health services
- Early intervention, Pre-Trial and Post Trial Counselling

T: 0300 421 8400, 24 hours a day, 365 days a year

Email: hopehousesarc@ghc.nhs.uk

Rape Crisis: England and Wales [Home | Rape Crisis England & Wales](#)

Survivors Trust_08088 010808 [The Survivors Trust](#)

NSPCC for victims and families_0808 800 5000 [NSPCC | The UK children's charity | NSPCC](#)

Sexual Health Clinic Finder <https://www.nhs.uk/service-search/find-a-sexual-health-clinic/>

Free emergency contraceptive pill:

You can get both Levonelle and ellaOne free of charge from:

- *contraception clinics*
- *Brook centres*
- *some pharmacies ([find a pharmacy](#) – ask if they provide free emergency contraception)*

most sexual health or genitourinary medicine (GUM) clinics - <https://www.nhs.uk/service-search/find-a-sexual-health-clinic/>

- *most NHS walk-in centres and minor injuries units*
- *most GP surgeries ([find a GP](#))*
- *some hospital accident and emergency (A&E) departments*

Relationships and abuse apps



Hollie Guard – personal safety app [Download Hollie Guard – Hollie Guard](#)



Flare Safer Gloucestershire app – created for women and girls to anonymously share their experiences of how and where they've felt unsafe [Flare App | Gloucestershire Constabulary](#)



Bright Sky app – practical support and information about domestic abuse [Bright Sky app | Hestia](#)

Resilience

Learned Optimism [Learned Optimism by Martin Seligman - Animation \(youtube.com\)](#)

Reframe your negative thoughts 'Therapy in a nutshell' [Reframe Your Negative Thoughts: Change How You See the World 17/30 How to Process Emotions \(youtube.com\)](#)

How to make stress your friend [Kelly McGonigal: How to make stress your friend | TED Talk](#)

Gratitude for teens [Gratitude \(for Teens\) | Nemours KidsHealth](#),

Why giving thanks is good for us [The Attitude of Gratitude: why giving thanks is good for us - Hammersmith, Fulham, Ealing and Hounslow Mind \(hfehmind.org.uk\)](#)

Savouring [The science of savouring \(youtube.com\)](#)

Resilience videos

TED talk - 3 secrets of resilient people [Lucy Hone: 3 secrets of resilient people | TED Talk](#)

TED talk What open water swimming taught me about resilience [Bhakti Sharma: What open water swimming taught me about resilience | TED Talk](#)

Resilience apps



eQuoo - the eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. [eQuoo - Apps on Google Play](#)



Superbetter - Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles [SuperBetter: Mental Health - Apps on Google Play](#)



SafeSpot - Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations. [SafeSpot – SafeSpot is a brand new app for iPhone and Android that promotes positive mental wellbeing in children and young adults](#)



i am me – the positive mental health app created by young people for young people [The Positive Mental Health App for Young People | i am me app](#)

S – U

Self-compassion

CCI Self-help workbook [Self-Compassion Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](#)

Self-esteem

CCI self-esteem workbook [Self-Esteem Self-Help Resources - Information Sheets & Workbooks \(health.wa.gov.au\)](#)

Self-harm

National Self-Harm Network [NSHN -- Downloads](#)

YG Bounce (referral through [Access Services | Young Gloucestershire \(youngglos.org.uk\)](#))

Rethink Gloucestershire [Gloucestershire Mental Wellbeing Helpline \(rethink.org\)](#)

HarmLess [Home - Harmless](#), Self-Injury Support [Self Injury Support](#)

Free online self-harm support (a 7-week course) <https://www.selfharm.co.uk>

RETHINK SELF-HARM HELPLINE GLOUCESTERSHIRE: Phone 0808 8010606, text: 075374 10022

Self-harm for **parents and carers**

Young Minds: [Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)

NHS: [Self-harm: A guide for parents and carers | CPFT NHS Trust](#)

NSHN [Advice for friends family and carers.pdf \(nshn.co.uk\)](#)

Self-harm support apps



Calm Harm – Activities and ideas to help manage urges to self-harm. [Home - Calm Harm App \(stem4.org.uk\)](#)



distrACT - The distrACT app gives you easy, quick and discreet access to information and advice about [self-harm](#) and [suicidal thoughts](#). [distrACT on the App Store \(apple.com\)](#)



Calm Urge – Self harm and mood tracer with calming activities. [Calm Urge: Self Harm Tracker - Apps on Google Play](#)

Sleep websites

The Sleep Charity [Home - The Sleep Charity](#)

Teen Sleep Hub [Home - Teen Sleep Hub](#)

[NHS Better Sleep Fall asleep faster and sleep better - Every Mind Matters - NHS \(www.nhs.uk\)](#)

NHS Inform Sleep Hygiene [Sleep hygiene | NHS inform](#)

CCI Self-help workbook for sleep [Sleep & Insomnia Self-Help Resources - Information Sheets \(health.wa.gov.au\)](#)

Sleep apps see meditation and mindfulness apps

Sexually explicit images (“sexting”)

Report Remove (under 18s) [Report Remove | Childline](#)

Stress

Managing stress [What is stress? - Mind](#)

10 stress busters [10 stress busters - NHS \(www.nhs.uk\)](#)

Coping with stress for children and young people [Coping with stress for young people | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Teenage wellbeing strategies [Self-care | Anna Freud](#)

Stress management apps



Companion – Guides and techniques for managing daily stresses. [Stress & Anxiety Companion – Apps on Google Play](#)



Chill Panda - Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games. [Chill Panda – Reducing anxiety and improving well being in Children through a fun gaming app](#)

Substance misuse **for pupils**

Infobuzz [InfoBuzz](#) | [Be Well Glos](#),

FRANK [Honest information about drugs](#) | [FRANK \(talktofrank.com\)](#),

Youth Support Team (Gloucestershire) [Health \(youthsupportteam.co.uk\)](#)

Young Glos (16-25, 1:1 support) <https://www.youngglos.org.uk/what-we-do/wellbeing/addiction/>

Change Grow Live (Gloucestershire) [Change Grow Live | Charity | We can help you change your life](#)

[Change Grow Live \(Gloucestershire\) Online Chat \(for under 21s\)](#) [Online chat for under 21s](#) | [Change Grow Live](#)

Covenant Recovery (Gloucester) [Covenant Recovery - Drug & Alcohol Rehab in Gloucester \(covenant-recovery.org.uk\)](#)

Life Stuff [Life Stuff \(life-stuff.org\)](#)

[Interaction chart for seeing effects of combining popular drugs: TripSit.Me](#)

Suicide prevention

Papyrus [Papyrus UK Suicide Prevention](#) | [Prevention of Young Suicide \(papyrus-uk.org\)](#)

CALM (Campaign Against Living Miserably) [Homepage](#) | [Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

[Samaritans 116 123](#) [Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)

U Can Cope leaflet [U can cope \(elft.nhs.uk\)](#)

U Can Cope video [U Can Cope](#) | [4 Mental Health](#)

Poster 'Feeling Overwhelmed' [blp-feeling-overwhelmed-poster-web.pdf \(mind.org.uk\)](#)

RCPsych 'Feeling Overwhelmed' [Feeling overwhelmed \(rcpsych.ac.uk\)](#)

Suicide prevention resources [Crisis Resources Flyer - Separate Pages \(prevent-suicide.org.uk\)](#)

Staying safe (safety plan) [Staying Safe](#)

Suicide prevention **for parents/carers**

Papyrus (guide for parents, self-harm and suicidal thoughts) [PAPYRUS Launch New Guide For Parents](#) | [Papyrus \(papyrus-uk.org\)](#)

Suicide prevention apps



Stay Alive App – a free suicide prevention app for the UK [StayAlive - Essential suicide prevention for everyday life](#)

V – Z

Vaping

[Vaping \(life-stuff.org\)](#)

[Quit Vaping | Smokefree Teen](#)

[Vapes | FRANK \(talktofrank.com\)](#)

Victim support

Victim support (help after crime for young people) [Children and young people - Victim Support](#)

You got this Glos [Home - GloucesterCYP \(ygtglos.org.uk\)](#)

Young Carers

NHS Being a Young Carer: Your Rights [Being a young carer: your rights - Social care and support guide - NHS \(www.nhs.uk\)](#)

Action for children [Young carers | Action For Children](#)

Barnardo's [Young carers | Barnardo's \(barnardos.org.uk\)](#)

Carers' Trust [About Us - Caring as a Young Carer | Carers Trust](#)

General Self-help Apps



I am me – Mental health education and wellbeing tips; created by young people, for young people. [The Positive Mental Health App for Young People | i am me app](#)



Feelmo – Activities and education on anxiety, stress, anger, sadness, relationships, sleep, insecurities, and sadness. [Feelmo: Mental Health Support for iPhone - Download \(softonic.com\)](#)



What's Up - Utilising some of the best CBT methods to help you cope with depression, anxiety, anger, stress and more. [What's Up? | ReachOut Australia](#)



Being – Articles, journaling and helpful strategies on a wide variety of topics such as LGBTQ+, Covid anxieties, social media and wellbeing. [being: self therapy & CBT ai - Apps on Google Play](#)



Virtual Hopebox - The Virtual Hope Box (VHB) is an app that contains simple tools to help with coping, relaxation, distraction, and positive thinking. [Virtual Hope Box on the App Store \(apple.com\)](#)



Feeling good teens - The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation. [Feeling Good Teens – Apps on Google Play](#)