

# **Help lines and Apps for support over holiday period**

The Anna Freud Centre

This link is an end of year mental health tool kit for everyone to use:

<https://www.mentallyhealthyschools.org.uk/media/2825/end-of-term-toolkit-2022-secondary.pdf>

This is a self-care plan for everyone:

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf>

This is a link for pupils transitioning to university:

[https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/free-university-transition-webinar-for-young-people/?mc\\_cid=19213b1703&mc\\_eid=84e7dbb634](https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/free-university-transition-webinar-for-young-people/?mc_cid=19213b1703&mc_eid=84e7dbb634)

This is a link for parents and carers of year 11 and 13 pupils who have taken exams:

[https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/free-university-transition-webinar-for-young-people/?mc\\_cid=19213b1703&mc\\_eid=84e7dbb634](https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/free-university-transition-webinar-for-young-people/?mc_cid=19213b1703&mc_eid=84e7dbb634)

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Kooth.com

Free, safe and anonymous online support for young people

1. Kooth Overview

-<https://vimeo.com/318713056/3b5ea08a52>

2. Kooth Magazine: <https://vimeo.com/318713156/5d247a02f9>

3. Kooth Discussion Boards: <https://vimeo.com/318713209/2e97e8b26f>

4. Kooth Goals: <https://vimeo.com/318713298/430fdcafcf>

5. Kooth Journal: <https://vimeo.com/318713381/d8ef865eea>

6. Kooth Messaging: <https://vimeo.com/318713436/7cd88e796e>

7. Kooth Chat: <https://vimeo.com/318713482/ffc121ba18>

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

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Childline | Childline

<https://www.childline.org.uk>

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards

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Samaritans

Need support? We're here to listen 24 hours, 365 days a year.

Call 116 123 for free or view other ways to get in touch; [www.samaritans.org](http://www.samaritans.org)

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BECOME

0800 023 2033

[www.becomecharity.org.uk](http://www.becomecharity.org.uk)

Help, support and advice to children in care and young care leavers so that they can unleash their potential and take control of their lives.

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The Mix:

<https://www.themix.org.uk>

0808 808 4994 - Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

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CHUMS

[www.chums.uk.com](http://www.chums.uk.com)

CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS has developed a unique service delivery model to ensure that children and young people are able to access a service that supports their individual needs

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Ditch the Label

<https://www.ditchthelabel.org/>

Ditch the Label is one of the UK's largest and most ambitious anti-bullying charities.

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PAPYRUS

PAPYRUS is the UK Charity for the prevention of young suicide. For PAPYRUS HOPELINEUK call 0800 068 4141 (open 10am-10pm weekdays, 2pm-10pm weekends and bank holidays).

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

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Young Minds:

YoungMinds - children and young people's mental health charity

<https://youngminds.org.uk>

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NSPCC

Telephone: 0800 800 5000

Textphone: 0800 056 0566

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

This is a 24 hour Freephone service providing counselling, information and advice to anyone concerned about a child at risk or abuse.

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Essex Youth Service

We're here to support the educational, personal and social development of young people in Essex.

<https://youth.essex.gov.uk/>

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## Essex Wellbeing Service

The **Essex Wellbeing Service** supports adults, employees, parents and families in Essex to live healthy and socially connected lives.

<https://www.essexwellbeingservice.co.uk/>

0300 303 9988 (for education staff and families)

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## Shout

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

<https://giveusashout.org/>

Shout text service: 85258

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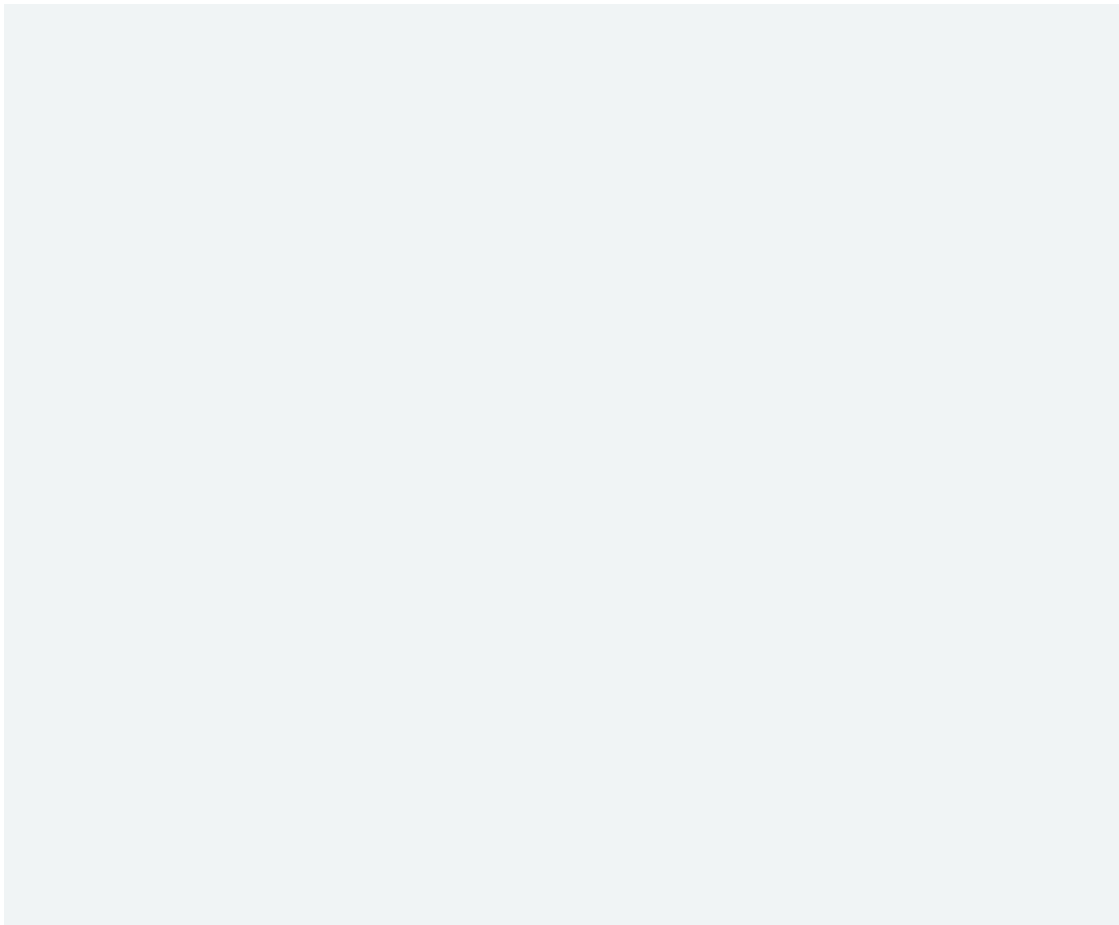
## McMillan

If You Or A Loved One Are Diagnosed With Cancer, Your Worries Are Our Worries. We Do Whatever It Takes To Help People affected By Cancer

<https://www.macmillan.org.uk/cancer-information-and-support/get-help>

Telephone: 0808 808 00 00, Open 7 days a week, 8am - 8pm

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## **Domestic Violence Help**

- Women can call **The Freephone National Domestic Abuse Helpline**, run by **Refuge** on **0808 2000 247** for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
- Talk to a GP, health visitor or midwife
- Men can call **Men's Advice Line** on **0808 8010 327** (Monday to Friday 9am to 8pm), or visit the webchat at **Men's Advice Line** (Wednesday to Friday 10am to 11am and 3pm to 4pm) for non-judgemental information and support
- Men can also call **ManKind** on **0182 3334 244** (Monday to Friday, 10am to 4pm)
- If you identify as LGBT+ you can call **Galop** on **0800 999 5428** for emotional and practical support
- **Karma Nirvana** on **0800 5999 247** (Monday to Friday 9am to 5pm) for forced marriage and honour crimes.
- You can also call **020 7008 0151** to speak to the GOV.UK **Forced Marriage Unit**
- in an emergency, call **999**
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You can also **email 999** for support. It is important that you specify when and if it is safe to respond and to which email address:

- **Women** can email [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk). Staff will respond to your email within 5 working days
- **Men** can email [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
- **LGBT+** people can email [help@galop.org.uk](mailto:help@galop.org.uk)

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## **NACOA**

Helping children with parents who have issues with alcohol.

<https://nacoa.org.uk/>

Helpline:

0800 358 3456

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CRUSE bereavement care

Grief can be overwhelming

You don't have to deal with it alone.

Web: <https://www.cruse.org.uk/>

Tel: 08088081677

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## **Apps**

### **Calm Harm**

calmharm.co.uk/

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm.

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### **Mind Shift**

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

MindShift is a free 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. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

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### **Stay Alive**

<https://www.stayalive.app/>

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

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## **Daylio**

<https://apps.apple.com/gb/app/daylio-journal/id1194023242>

Daylio is a very versatile app, and you can turn it in whatever you need to track. Your fitness goal pal. Your mental health coach. Your food log. Your gratitude diary. Mood tracker. Exercise, meditate, eat, and be grateful. Take care of your mental, emotional, and physical health. Good self-care is a key to improved mood and reduced anxiety.

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## **SAM**

<https://sam-app.org.uk/>

SAM is an application to help you understand and manage anxiety.

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## **Calm**

<https://www.calm.com>

Calm is the app for sleep and mindfulness meditation.

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## **Clear Fear**

Clear Fear provides you with a range of ways to manage anxiety. Developed by a clinician co-collaboratively with young people,

[https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear&hl=en_GB&gl=US)

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## **I am sober**

[https://play.google.com/store/apps/details?id=com.thehungrywasp.iamsober&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.thehungrywasp.iamsober&hl=en_GB&gl=US)

I Am Sober is more than just a free sobriety counter app. Along with tracking your sober days, it helps you build new habits and provides ongoing motivation.

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