





# Sources of support for Mental Health & Wellbeing

	<p><b>Mindshift App</b></p>	<p><b>Helps teens cope with anxiety</b> Strategies and tools to help deal with everyday anxiety.</p>		<p><b>No Panic</b></p>	<p><b>Talk to online counsellors about panic or anxiety</b>  <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a></p>
	<p><b>Smiling Mind App</b></p>	<p><b>Mindfulness meditation</b> Free app developed by psychologists and educators for young people aged 7-18.</p>		<p><b>Citizens Advice</b></p>	<p>The advice people need for the problems they face and improve the policies and practices that affect people's lives  <a href="http://www.citizenadvice.org.uk">www.citizenadvice.org.uk</a></p>
	<p><b>The Mix</b></p>	<p><b>Support for Under 25s</b> emotional and mental health. Trusted by the NHS  <a href="https://www.themix.org.uk/mental-health">https://www.themix.org.uk/mental-health</a></p>		<p><b>Childline</b></p>	<p><b>Phone, text and online support with trained counsellors</b>  <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>
	<p><b>Happy Not Perfect App</b></p>	<p><b>Supported by science. Designed by people</b> Includes simple exercises to help with mental wellbeing</p>		<p><b>Kooth</b></p>	<p><b>Kooth offers free, safe, anonymous support</b>  <a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
	<p><b>What's up? App</b></p>	<p><b>Cognitive Behavioural Therapy Techniques</b> Using a mixture of CBT to help support</p>		<p><b>Mind</b></p>	<p><b>Information line</b>  <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
	<p><b>Mind Ed</b></p>	<p>MindEd is a free educational resource on children and young people's mental health for all adults  <a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a></p>		<p><b>Shout Text 85258</b></p>	<p><b>Mental health support offered 24/7 via text messaging service</b>  <a href="https://www.giveusashout.org">https://www.giveusashout.org</a></p>
	<p><b>Young Minds</b></p>	<p>Strategies, support and help for children and young people suffering with their mental health.  <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>		<p><b>Frank</b></p>	<p>If you are taking drugs or are thinking about taking them then Frank can educate you on the implications.  <a href="http://www.talktofrank.com">www.talktofrank.com</a></p>

	<p>NHS</p>	<p>Includes a Mood-self assessment and audio guides for a range of mental health conditions  <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a></p>		<p>Every Mind Matters</p>	<p>Information and Advice on how you can help others struggling with Mental Health  <a href="https://www.nhs.uk/oneyou/every-mind-matters/helping-others/">https://www.nhs.uk/oneyou/every-mind-matters/helping-others/</a></p>
	<p>Live Well Cheshire West &amp; Chester and NHS</p>	<p>Support and information services in Cheshire West and Chester  <a href="https://livewell.cheshirewestandchester.gov.uk/">https://livewell.cheshirewestandchester.gov.uk/</a></p>		<p>Mental Health Foundation</p>	<p>Part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak.  <a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a></p>