

Supporting mental wellbeing resources and apps

This information sheet has been compiled to bring together resources and phone apps that may be useful to maintain mental wellbeing during the Covid-19 crisis and beyond. These resources are free to use unless otherwise stated. Phone apps are available for both Android and IOS (Apple) operating systems unless otherwise stated. Some resources are area specific. These resources have not been tested by the compilers of this information sheet.

Big White Wall www.bigwhitewall.com	Online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.	Website
Calm www.calm.com	App promoting meditation, better sleep and relaxation	Phone app Website Free to use; in-app purchase
Catch It www.liverpool.ac.uk/csd/app-directory/catch-it/	A diary tracker to better understand the user's moods	Phone app
Daylio Diary Mood Tracker www.daylio.webflow.io	Tracks mood and how the user is feeling. This helps in identifying the trigger points and habits which alter how they feel during the day.	Phone app Free to use; in-app purchase Contains ads
Elefriends www.elefriends.org.uk	A supportive online community; a safe space to listen, share thoughts and be heard. Run by MIND. Over 17s only	Phone app
eQuoo: Emotional Fitness Game www.equoo.com/?branch_match_id=723889546538189952	App uses adventure games designed by psychologists to help increase emotional fitness and teach new psychological skills	Phone app Free to use; in-app purchase Contains ads
Feeling Good: positive mindset www.foundationforpositivemen talhealth.com/listen-now/download-our-app-feeling-good/	Relax body and mind with a series of audio tracks designed to help build confidence, energy and a positive mindset.	Phone app Free to use; in-app purchase
Happier	Helps people to stay more in the present and keep positive throughout the day	Phone app IOS only
Headspace www.headspace.com	Meditation app	Phone app Free to trial; monthly or annual charge thereafter
Mental Health Foundation www.mentalhealth.org.uk/	Support for mental health. Has a section on staying mentally well during Coronavirus crisis.	Website
Milton Keynes Mental Health Hour www.arthurellismhs.com/mk-mental-health-hour-sundays-at-7pm-106-3-mkfm/	Radio programme presented by Arthur-Ellis, from 7-8pm Sundays. MKFM 106.3	Radio

MIND www.mind.org.uk Tel: 0300 123 3393, info@mind.org.uk Text: 86463	Provides information on a range of mental health problems, where to get help in your own area, medication and alternative treatments and advocacy. Advice on suicidal feelings, self-harm and supporting someone else:.	Website Telephone Email Text
Mood Tools – Depression Aid	Designed to help combat depression, alleviate negative thoughts and aid recovery	Phone app Free to use; in-app purchase
My Possible Self: The Mental Health App www.mypossibleself.com	Uses simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.	Phone app Free to use; in-app purchase
Recovery College Online www.recoverycollegeonline.co.uk	Providing a range of online educational courses and resources to people with experience of mental illness	Website
SAM Self Help for Anxiety Management www.sam-app.org.uk	Helps understand causes of anxiety, monitors anxious thoughts and behaviours over time through self help exercises and reflection.	Phone app
Silvercloud	Provides a wide range of supportive and interactive programmes, tools and tactics for improving mental health and behavioural issues	Phone app
Worry Tree www.worry-tree.com	Uses cognitive behavioural therapy (CBT) techniques to help user notice and challenge their worries.	Phone app Free to use; in-app purchase
SELF-HARMING AND SUICIDE PREVENTION RESOURCES		
Bedford Open Door www.bedfordopendoor.org.uk Bedford Borough & North Central Bedfordshire	Provides free, confidential counselling for issues such as eating disorders, sexual abuse, self-harm, anxiety, depression etc. 13-25 years T. 01234 360388	Telephone & online counselling. Telephone drop in
Calm Harm www.calmharm.co.uk	Designed to help people resist or manage the urge to self-harm.	Phone app
Childline www.childline.org.uk/info-advice/your-feelings/self-harm/	Childline Self-harm information and advice	Website
distrACT www.expertselfcare.com/health-apps/distract/	App gives easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.	Phone app
The Mix www.themix.org.uk/mental-health/self-harm	Self-harm information and advice	Website
National Self Harm Network forum www.nshn.co.uk/	For people who self harm, to reduce emotional distress and improve their quality of life, supports and provides information for family and carers, to raise awareness, dispel myths and combat discrimination, to empower and enable those that self harm to seek alternatives to SH and further help where appropriate NSHN Online Support Forum provides crisis support, information and resources, advice, discussions and distractions. Closely monitored, available 24/7	Website
PAPYRUS www.papyrus-uk.org/help-advice Phone: 0800 068 41 41 SMS: 07786 209697	Charity helping to prevent youth suicide, for children, teenagers and young people up to the age of 35. Providing confidential support and advice to young	Telephone SMS Email

Email: pat@papyrus-uk.org	people struggling with thoughts of suicide, and anyone worried about a young person through HOPELINEUK a specialist service staffed by trained professionals who give non-judgemental support, practical advice and information (set hours) Mon-Fri 10:00 am to 10:00 pm, weekends 2:00 pm to 10:00 pm, Bank Holidays 2:00 pm to 10:00 pm	
The Royal College of Psychiatrists www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/self-harm.aspx	Self-harming advice for parents and carers	Website
Samaritans www.samaritans.org Telephone 116 123 Email jo@samaritans.org .	Helps people of all ages in distress, including those who are suicidal, through telephone or email support: The Samaritans also has local offices in Bedford, Luton and Milton Keynes with opening hours for drop-in callers to receive 1-2-1 support. Also local telephone numbers - details via main website.	Website Telephone Email
Selfharm.co.uk www.selfharm.co.uk	A moderated site for sharing positive experiences of coping where young people can post video footage or stories about their life and self-harm; the overall aim is to support others in helping recovery. Very young person friendly.	Website
Stay Alive www.prevent-suicide.org.uk/find-help-now/stay-alive-app/	A suicide prevention resource to help people stay safe	Phone app

EATING DISORDERS RESOURCES

BEAT www.beateatingdisorders.org.uk	Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders	Website
Bedford Open Door www.bedfordopendoor.org.uk Bedford Borough & North Central Bedfordshire only	Provides free, confidential counselling for issues such as eating disorders, sexual abuse, self-harm, anxiety, depression etc. 13-25 years T. 01234 360388	Telephone & online counselling. Telephone drop in
Caraline www.caraline.com Luton & Bedfordshire only	Support for people with an eating disorder, telephone and on line support, 01582 457474, admin@caraline.com	Website
Recovery Record – Eating Disorder App www.recoveryrecord.co.uk	App helps users manage their journey to recovery from eating disorders	Phone app
Rise Up – Eating Disorder App www.recoverywarriors.com/app/	Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image	Phone app

RESOURCES FOR CHILDREN AND YOUNG PEOPLE

Arthur Ellis: Mental Health Support www.arthurellismhs.com	Provides a variety of free downloadable, practical guides for children, young people and adults to support mental health and well-being.	Website
Bedford Open Door www.bedfordopendoor.org.uk Bedford Borough & North Central Bedfordshire	Provides free, confidential counselling for issues such as eating disorders, sexual abuse, self-harm, anxiety, depression etc. 13-25 years T. 01234 360388	Telephone & online counselling. Telephone drop in
Blue Ice PRESCRIPTION ONLY	App to help young people manage their emotions and reduce urges to self-harm	Phone app
Childline www.childline.org.uk	Childline offers online advice through an app or desktop site, with coping strategies, message boards, "ask Sam" feature, 24/7 online 1-2-1 Counsellor and freephone helpline for young people up to the age of 19. Tel: 0800 1111. There is a slightly different service between 1.00am and 7.30am with fewer counsellors during these hours compared to the day.	Website Telephone
Chill Panda: Calm Play Today	App measures heart rate and suggests tasks to suit state of mind. Tasks include simple breathing techniques and light exercises to take user's mind off worries. Game based	Phone app
CHUMS chums.uk.com/bedfordshire-services/ info@chums.uk.com T. 01525 863924 Bedfordshire & Luton only	Mental health & emotional wellbeing service for children and young people. CHUMS is still delivering all services, now working remotely and conducting appointments, engagements and calls online or via telephone.	Website Phone
Kooth www.kooth.com	Site for children & young people; anonymous; users can obtain help, advice and talk to others about mental wellbeing	Website
MeeTwo www.meetwo.co.uk	App provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.	Phone app
Mindshift www.healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/	App to help teens and young adults cope with anxiety	Phone app
Recovery College Online www.recoverycollegeonline.co.uk	Providing a range of online educational courses and resources to people with experience of mental illness. Includes sections for children & young people	Website
Service Six www.servicesix.co.uk MILTON KEYNES ONLY	Service 6 support children and young people in <u>Milton Keynes only</u> . Downloadable self-help journals available and option for self-referral into support services	Website
Think Ninja www.healios.org.uk/services/thinkninja1	Think Ninja is an app for 10-18 year olds updated with specific COVID-19 content. Bringing self-help knowledge and skills to children and young people who may be experiencing increased anxiety and stress during the crisis. 1. Fears relating to the virus	Phone app

	<ol style="list-style-type: none"> 2. Isolation struggles and how to stay connected to family and friends 3. Worries about personal health and health of family members 4. Mental strength 5. Coping techniques to use during the crisis 	
YiS Young People's Health www.mkyis.org.uk Facebook: @yismenthealth Instagram: @yismentalhealth	YiS Young People's Mental Health provides counselling, and online messenger support to help answer questions, share helpful wellbeing tips and share details of other services who can respond to a young person. Also offering wellbeing online sessions.	Website Facebook Instagram
Young Minds www.youngminds.org.uk	Young Minds has a section dedicated to young people dealing with the effects of Coronavirus and mental health	Website Crisis Messenger YM 85258

RESOURCES FOR PROFESSIONALS, PARENTS, AND ANYONE INTERESTED IN IMPROVING MENTAL HEALTH

Internetmatters www.internetmatters.org	Guidance for parents on internet safety.	Website
MindEd www.minded.org.uk	Free e-learning resources applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist to understand mental health problems in children and young people:	Website
Parent Line www.cambscommunityservices.nhs.uk/bedfordshire/services/health-visiting/parentline Text 07507 331456 Bedfordshire only	Parentline is a secure and confidential text service for parents and carers of those aged 0-19. It offers advice and support on a range of issues such as weaning, sleep and emotional health or how to make an appointment with the team. Text with question to start the conversation – available to answer queries from 9am to 4.30pm, Monday to Friday (excluding bank holidays).	Text service
The Royal College of Psychiatrists www.rcpsych.ac.uk/healthinformation/parentsandyoungpeople.aspx	Produces a range of materials for mental health professionals and the public including reports, toolkits and leaflets plus a series of factsheets for parents, teachers and young people entitled 'Mental Health and Growing Up'. RCPsych self harm: https://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentsandyoungpeople/self-harm.aspx	Website