

Title	Description	Link
<b>Online Apps</b>		
HeadSpace	App that teaches you how to mediate to reduce stress, focus more and improve sleep.	<a href="https://www.headspace.com/headspace-meditation-app">https://www.headspace.com/headspace-meditation-app</a>
Chill Panda	NHS app to help you relax, manage worries, and improve your wellbeing.	<a href="https://www.nhs.uk/apps-library/chill-panda/">https://www.nhs.uk/apps-library/chill-panda/</a>
MindShift	App that teaches you about anxiety- how to manage worry, panic, conflict etc.	<a href="https://www.anxietybc.com/resources/mindshift-app">https://www.anxietybc.com/resources/mindshift-app</a>
Kooth	Offers online emotional and mental health support from 11-24 yrs and is available up to 10pm every day.	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
Relax Melodies	Helps you fall asleep with relaxing sounds, sleep meditations and stories.	<a href="https://www.relaxmelodies.com/">https://www.relaxmelodies.com/</a>
SAM	Helps you understand mild to moderate anxiety	<a href="http://sam-app.org.uk/">http://sam-app.org.uk/</a>
Stay Alive	Helpful if you have suicidal thoughts are concerned about someone else	<a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a>
Wellmind	NHS mental health and wellbeing app designed to help you with stress, anxiety and depression.	<a href="http://www.dwmh.nhs.uk/wellmind/">http://www.dwmh.nhs.uk/wellmind/</a>
Samaritans	Offers practical ways to cope and stay safe if you are going through a difficult time.	<a href="https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/">https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/</a>
<b>Speak to Someone Over the Phone</b>		
FRANK	Confidential advice about drugs, 24 hours a day.	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>
Gloucestershire Self Harm Helpline	Safe, supportive, non- judgemental, informative space for people who self- harm	<a href="https://www.gloucestershireselfharm.org/">https://www.gloucestershireselfharm.org/</a>
Mind	Information on where to get help for mental health issues.	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>
Samaritans	Offers practical ways to cope and stay safe if you are going through a difficult time.	<a href="https://www.samaritans.org/how-we-can-help/">https://www.samaritans.org/how-we-can-help/</a>
Teens in Crisis	Mental health support for young people (9-21)	<a href="https://ticplus.org.uk/">https://ticplus.org.uk/</a> <a href="https://ticplus.org.uk/ticpluschat/">https://ticplus.org.uk/ticpluschat/</a>
<b>Other Online Resources</b>		
Drug Wise	Offers information on drugs, alcohol and tobacco.	<a href="https://www.drugwise.org.uk/">https://www.drugwise.org.uk/</a>

Moodzone	Has NHS advice and tools to help you feel mentally and emotionally better.	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a>
Rethink	Information and support for people with mental illness to improve their lives	<a href="https://www.rethink.org/">https://www.rethink.org/</a>
Stonewall	Has support and advice for lesbian, gay, bi and trans people.	<a href="https://www.stonewall.org.uk/">https://www.stonewall.org.uk/</a>
Healthy Lifestyle Gloucestershire	This service provides a free 12-week health coaching programme for people in Gloucestershire seeking to lose weight, stop smoking, reduce drinking and increase activity.	<a href="https://www.hlsglos.org/">https://www.hlsglos.org/</a>