

## Useful Apps and Websites

- **Hub of Hope App** – free to download app that provides services local to the client. If you are a service or know of a service that isn't represented on the app, please do submit the details via the online form. Also offers a crisis messenger service.
- **Samaritans** – available 24/7 365 days a year. Free confidential support for all.
- **The Mix** – [www.themix.org.uk](http://www.themix.org.uk) -provides information on a range of issues including mental ill health, drugs, sexual health, alcohol. The site is aimed at U25's.
- **Campaign Against Living Miserably** – [www.thecalmzone.net](http://www.thecalmzone.net) – this is a website aimed at reducing male suicide and stigma of mental ill health in males. It offers a confidential helpline alongside webchat.
- **Text Crisis messenger service SHOUT.** An individual can text '85258' and a trained professional responds after the initial 2 automated texts. You can remain anonymous for this service. It is suitable for all ages and more info can be found at <https://www.giveusashout.org/>
- **Young Minds**– [www.youngminds.org.uk](http://www.youngminds.org.uk) general mental health awareness to help support yourself or someone else.
- **TheCalmZone.net** – male specific support
- **Papyrus** – Support for those feeling suicidal, worried about someone who is suicidal, or for those who have been bereaved by suicide. Also offers a helpline called the 'HopeLine' that can talk to you if you are struggling or wanting to know how to support a friend.
- **Childline.org.uk** – support for young people in emotional distress
- **NHS** – <https://www.nhs.uk/conditions/stress-anxiety-depression/> providing information on common mental health concerns including dealing with anger, exams etc.
- **Head Talks** - [www.headtalks.com](http://www.headtalks.com) providing videos discussing all aspects of mental illness and recovery.
- **CALM HARM App** – created by STEM4, this award-winning app is free to download and is designed to be used by young people who are self-harming. The APP is designed to reduce the level of self-harm and even prevent an episode of self-harm by providing delay tactics when the young person has the urge. Though designed for teenagers, there is no reason it can't be used by adults.
- **Stay Alive app** – provides support for those worried about someone who is suicidal alongside support for individuals who are suicidal or at risk of suicide. The app has a space to create a safety plan to refer to if feeling suicidal alongside links to organisations that can provide support.
- **Clear Fear App** – an app designed for young people who are struggling with anxiety. Gives tools and tips on managing symptoms.
- **The Happy Self Journal** – a physical journal you can buy for £20 that encourages writing about your emotional health. There is one for U12's and one for 12-18's.




**Discover simple steps to look after your mental health**

Search every mind matters

**every mind matters**



**PAPYRUS**  
prevention of young suicide

**HOPELineUK 0800 068 41 41**

**CAMPAIGN AGAINST LIVING MISERABLY CALM**



HEADSPACE\*



#StayAlive

**Relationships?  
Depression?  
Self-harm?  
Exams?  
Addiction?**

A crisis looks different for everyone.  
Text SHOUT to 85258 for 24/7 support.

**shout**



**CALMHARM**

stemming teenage mental illness  
supporting teenage mental health

**TALK TO US**  
If things are getting to you

Talk to us any time you like, in your own way – about whatever's getting to you.

**116 123** FREE  
This number is FREE to call

**jo@samaritans.org**

**samaritans.org**

**SAMARITANS**

A registered charity



**Hub of Hope**

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**hubofhope.co.uk**

