



Tel: 01392 829989

Website: www.epicsolutions.org.uk

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Support Websites and Apps

Telephone/Text counselling



Childline www.childline.org.uk

Free phonenumber and text service for young people to make contact with a counsellor. Website contains a variety of helpful videos, games and articles.



Papyrus www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide.

Call 08000684141/ Text 07860039967 for any young person who is experiencing thoughts of suicide or for anyone who has concerns for a young person who may be in distress.



Kooth www.kooth.com

This site provides free mental health support with their online counsellors. It is a free sign up services and includes resources, discussion boards and helpful tips and articles.

Websites



NHS Every mind Matters www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice with an interactive quiz that's designed to help you feel more in control of your emotional mental wellbeing.



Child Bereavement UK www.childbereavementuk.org

A website for young people who are grieving as well as information on how to support a young person. A helpline is also available 0800 028840.



YoungMinds www.youngminds.org.uk

A mental health charity that provides support, advice and resources for young people in supporting their mental health.



Stem4 www.stem4.org.uk

A Charity that promotes positive mental health for teenagers and encourages them to build resilience and manage difficult emotions with online resources.

Apps

These apps all support Young people to reduce their anxiety through distraction and encourages relaxations and mindfulness.

