

# Handout

## Handy websites and apps

### Websites



[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Info on anxiety. Live chat and email support, but have to pay membership fee



[www.b-eat.co.uk](http://www.b-eat.co.uk)

Info and support around eating problems



[www.bigwhitewall.com](http://www.bigwhitewall.com)

Online Counselling Service (18+)



[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

Info on bipolar disorder, eCommunity, support groups. They also have a specific young people's project



[www.mycamhschoices.org](http://www.mycamhschoices.org)

Info and support around depression



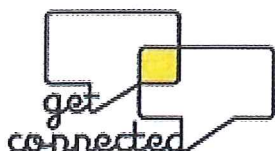
[www.coap.org.uk](http://www.coap.org.uk)

Support (including online counselling) for children and young people affected by a parental addiction

D+CREADY

[www.docready.org](http://www.docready.org)

Prepares young people for first visit to a GP about mental health



[www.getconnected.org.uk](http://www.getconnected.org.uk)

Support and signposting service for young people under 25. Telephone, email, text and webchat support



[www.headmeds.org.uk](http://www.headmeds.org.uk)

Info for young people on medication, mental health and life



[www.kooth.com](http://www.kooth.com)

Online counselling and support



[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

Info and support around self-harm



[www.madlyinlove.org.uk](http://www.madlyinlove.org.uk)

Mental health and relationships, including real stories/advice



[www.mini-me.org.uk](http://www.mini-me.org.uk)

Online mood-tracking tool that responds to how you are feeling: congratulates you when you feel good, shows you pictures/videos etc. that you like if you feel a bit off, and contacts a trusted person that you have selected on your behalf if you are feeling really bad



[www.moodscope.com](http://www.moodscope.com)

Mood tracking tool. Basic version is free, but you can pay to get more in-depth features



[www.nacoa.org.uk](http://www.nacoa.org.uk)

Information and support for children and young people who are affected by a parent's drinking



[www.nightline.ac.uk](http://www.nightline.ac.uk)

Listening service for students, provided by trained student volunteers



[www.ocdaction.org.uk](http://www.ocdaction.org.uk)

Info and support around OCD



[www.ocduk.org](http://www.ocduk.org)

Info on OCD, and support forums

RECOVER.YOURLIFE.COM

[www.recoveryourlife.com](http://www.recoveryourlife.com)

Info and support around self-harm



[www.sane.org.uk](http://www.sane.org.uk)

Lots of info on mental health, as well as telephone, email and text support, and an online forum (have to be 18+ to use forum)

selfharm<sup>UK</sup>

[www.selfharm.co.uk](http://www.selfharm.co.uk)

Information for professionals and young people about self-harm

student  
minds

[www.studentminds.org.uk](http://www.studentminds.org.uk)

UK student mental health charity. Campaigns and peer support groups in universities across the country



[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

Information, advice and real life stories, specifically for students struggling with depression

time to change

let's end mental health discrimination

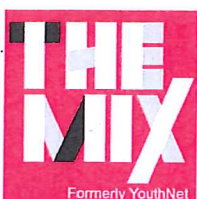
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

Real life stories and information

YOUNGMINDS  
The voice for young people's mental health and wellbeing

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Information on mental health and wellbeing for young people, parents and professionals



[www.youthnet.org](http://www.youthnet.org)

Generic info and advice for Young People

## Apps: Mood Trackers



MoodPanda

Half moodtracker, half social network. Allows you to choose whether you keep mood private, or share it publicly for support from other MoodPanda users



Moodbug

Created by MindApples, allows you to track your mood and share with friends or the public if you want to. Can give 'gifts' to others to say well done, or to cheer them



Moodometer

Fairly basic moodtracker from the NHS

## Apps: Meditation



Anamaya for Schools

An 11 week full curriculum Mindfulness for School course. Offers 109 lessons and exercises over two age categories (7-11 yrs, and 11+)



HEADSPACE Headspace

Mini 10 minute meditations. Once you've completed the initial free course you can pay to access more meditations



Stop, Breathe & Think

Guide to meditation. Recommends certain meditations based on how you're feeling

## Apps: Anxiety



MindShift

Specifically for young people to help manage anxiety. Lots of tools, techniques and advice



SAM  
(Self-help for Anxiety Management)

Help with anxiety management. Interactive games and tools, and anxiety tracker

## Apps: Sleep



Sleep Cycle

Uses the phone's accelerometer to wake you up within a half hour window when you are at the lightest level of sleep- waking up from lighter sleep should help you feel more refreshed and feel better more generally



Big White Wall

App version of the website



Get Connected

App version of website, also includes competitions and games



Personal Zen

Game that has been clinically proven to reduce stress.  
More info here: [www.psychologicalscience.org/index.php/news/releases/reducing-anxiety-with-a-smartphone-app.html](http://www.psychologicalscience.org/index.php/news/releases/reducing-anxiety-with-a-smartphone-app.html)



InHand

App to help young people through the ups and downs of life. Suggests activities to help based on how you rank your mood



HealthyMinds

Problem-solving tool aimed at students



Recovery Record

Self-help tool for eating disorders

