**Websites and Apps that offer Support**

YoungMinds

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

Provides help and support with mental health and looking after yourself.

Young Minds Crisis Messenger

A 24/7 crisis support service. If you are experiencing a mental health crisis you can text YM to 85258. A trained volunteer aims to respond within 5 minutes. They will listen and sim to help you to take the next steps to feel better.

Headspace

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

A web site and app that you can download to help you work on mindfulness and meditation.

Childline

[www.childline.org](http://www.childline.org) or call 08001111

You can contact Childline about anything that worries you. They provide support and ways to cope.

NSPCC

[www.NSPCC.org.uk](http://www.NSPCC.org.uk) or call 08001111

Free confidential helpline about your worries, including child abuse.

Good Thinking

[www.good-thinking.uk](http://www.good-thinking.uk)

The London digital wellbeing service that addresses common mental health issues.

NHS Go

A free health app for young people. Instant access to health and wellbeing information.