



Mental Health and Wellbeing Resources



Here we have comprised a comprehensive directory of support that anyone can access.

Some of these areas include:

- Mental health support.
- Covid.
- Feelings and thoughts.
- Suicide prevention.
- Eating disorders.
- Bullying.
- Domestic abuse.
- Bereavement.
- Relationships.
- Disabilities.
- Young carers.
- Self harm.
- Drugs.
- Youth groups.
- Meditation, yoga and exercise.
- Prayer.
- Self help resources.

[YoungMinds - children and young people's mental health charity](#)

[Childline | Childline](#)

[The Mix - Essential support for under 25s](#)

[Believe in children | Children's charity | Barnardo's](#)

[About us \(annafreud.org\)](#)

[Mind | Mind, the mental health charity - help for mental health problems](#)

[Understanding my feelings | Mind, the mental health charity - help for mental health problems](#)

[Staying virtually connected - NeuroLove](#)

<https://chimpmanagement.com>

Liverpool Children and adolescent Mental health services (CAMHS):



[Home - Liverpool CAMHS](#)

[Young Person's Advisory Service – Young Person's Advisory Service \(ypas.org.uk\)](#)

[Home - Kooth](#)

[RAISE Mental Health Promotion Team - Liverpool CAMHS](#)

School nurse and NHS Sites:

[Our services School Health Team - Sefton \(nwbh.nhs.uk\)](#)

Video call service [Online school nurse drop in - High School \(1\).docx](#)

[MindWell | MindWell \(mindwell-leeds.org.uk\)](#)

[Children and young people's mental health services \(CYPMHS\) - NHS \(www.nhs.uk\)](#)

[Depression in children and young people - NHS - NHS \(www.nhs.uk\)](#)

Covid information:



[Coping with Changes | Childline](#)

[Coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](#)

[Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](#)

[Coronavirus resources | STARS Team](#)

Healthy Habits:

Food:

[How the food you eat affects your brain - Mia Nacamulli - YouTube](#)

tinyurl.com/h6rulyh

[What is The Eatwell Guide - YouTube](#)

Being active:

tinyurl.com/gunpu9m

Sleep:

[Sleep Foundation](#)

[Sleep Health Topics | National Sleep Foundation \(thensf.org\)](#)

tinyurl.com/hxq4cccc

Feelings and thoughts:

[Coping with anxiety | Childline](#)

[Your feelings | Childline](#)

[Anger | Childline](#)

Loneliness:

<https://youtu.be/WuXqiTF-wGo>

Sad:

<https://youtu.be/HAOvYrziZCI>

Social anxiety:

<https://youtu.be/lzhiFMnEGtM>

Anxious sad or depressed:

<https://youtu.be/HAOvYrziZCI>

Mental Health:

[We all have mental health!! on Vimeo](#)

Stress:

[Coping with Stress on Vimeo](#)

https://youtu.be/pvM_TtQigDU

Stress bucket:

https://youtu.be/5hs6FwHuM_o

Fight and flight:

<https://youtu.be/o1KFoSPYmMM>

Your thoughts:

[You are not your thoughts! on Vimeo](#)

OCD:

[Homepage | OCD Action](#)

[OCD \(youngminds.org.uk\)](http://OCD(youngminds.org.uk))

Useful apps for Stress, Anxiety and Low Moods:



T2moodtracker App - Allows people with anxiety, brain injury, depression, post-traumatic stress, or stress to monitor their moods and their general well-being.



MindShift App - Designed to help teens and young adults cope with anxiety.



Stressheads App - Stressheads turns your phone into a stress killing machine. Flowy App - A mobile game designed to help manage panic attacks and anxiety.



Pacifica App - Daily tools for stress and anxiety alongside a supportive community. Based on Cognitive Behavioural Therapy and Meditation.



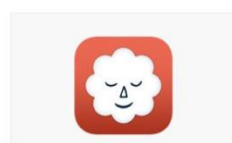
Breathe2Relax App - An app developed for stress management. It walks users through breathing exercises that help to reduce stress, stabilize mood, control anger, and manage anxiety. stressed or anxious.



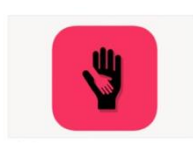
Moodkit App - Designed to help people with anxiety or depression improve their mood.



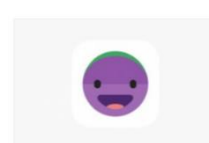
Every mind matters



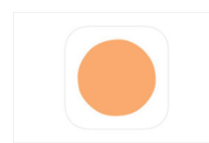
StopBreatheThink



What'sUp?



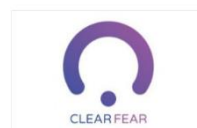
Daylio



Headspace



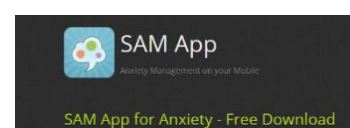
MoodTools



Clear Fear



Chill Panda



SAM App for Anxiety - Free Download

Preventing Suicide:

[Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)

[Home](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)

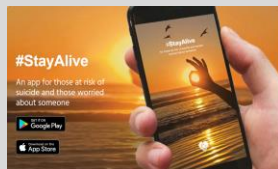
Coping with suicidal feelings video:

<https://youtu.be/vFJeRUgqT9Y>

[HOPEBOX resource \(papyrus-uk.org\)](#)- create a hopebox

[HOPELINK](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)- create a safety plan

Useful app:



Eating Disorders:

[Beat](#) | [The UK's Eating Disorder Charity \(beateatingdisorders.org.uk\)](#)

[Alder Hey Eating Disorder Service for Young People \(EDYS\) \(liverpoolcamhs.com\)](#)

Useful videos:

<https://youtu.be/NAHZQe41sBk>

<https://youtu.be/tbhlA8p5qeM>

<https://youtu.be/d8YflJ31dcw>

https://youtu.be/vwe_M5UQRpg

Body image:

<https://www.youtube.com/watch?v=A4dAGn1wjj>

Bulling:

[BullyBusters | Kids](#)

[Anti-Bullying Alliance | United against bullying \(anti-bullyingalliance.org.uk\)](#)

[Racism and racial bullying | Childline](#)

Racism Videos:

<https://youtu.be/gYGMALNZBGo>

https://youtu.be/OxAEptvO_jg

<https://youtu.be/WHmIYaNIqW>

Bullying Videos:

https://youtu.be/siFPHXxYCZI_5

<https://youtu.be/uMqLq8iOURE>

<https://youtu.be/9HocoOvvUDY>

Domestic Abuse:

[Home | The Hide Out](#)

[Venus Charity | Empowering, promoting and supporting women, young women and their families](#)

[Home - Women's Aid](#)

[Refuge Against Domestic Violence - Help for women & children.](#)

Useful videos:

<https://youtu.be/pWaGU4KBF7Q>

https://youtu.be/5u1K-JdBLUk?list=PLs7Iss1qSCRJA8Ba_1CW0lPqEm9iU1as5

Useful app:



Bright sky [Bright Sky | Hestia](#)

Bereavement:

[Child Bereavement UK](#)

[Winston's Wish - giving hope to grieving children](#)

[Activities for bereaved children and young people | Winston's Wish](#)

[Grief and loss \(youngminds.org.uk\)](#)

[Memory-Box-Winstons-Wish.pdf](#)

<https://www.ataloss.org/>

<https://rainbowsgb.org/>

[Hope Again About Us – Hope Again- Cruse](#)

Useful video:

<https://youtu.be/o-7c74-pUlk>

Rainbows- bereavement group available in school



Rainbows in Maricourt. The learning mentors and chaplain lead a programme in school called Rainbows. This programme takes place over a 12-week period and students work in a group to examine and process the losses they have experienced. Rainbows helps build self-esteem, trust, confidence, resilience and promotes positive emotional/mental development. It is a great programme and students who have completed the programme have really enjoyed being part of it. For more information, speak with the learning mentors and the chaplaincy who would be happy to help.

Relationships/Sexuality:

[Sexuality | Childline](#)

[Healthy and unhealthy relationships | Childline](#)

[GYRO- LGBTQ+ Youth \(YPAS\) - Liverpool CAMHS](#)

[Homepage - Mermaids \(mermaidsuk.org.uk\)](#)

Useful videos:

<https://youtu.be/Zw6KwsU6pSo>

<https://youtu.be/mVCtnwZmrbg>

https://youtu.be/jM_2hiSikaAQ

[instructions-for-safety-plan.pdf \(childline.org.uk\)](#)

Disability or Learning Differences:

[Disability | Childline](#)

[Dyslexia and learning disability | Childline](#)

[Autism | Childline](#)

[Autism Support Service | STARS Leeds \(starsteam.org.uk\)](#)

[National Autistic Society - Autism support - leading UK charity](#)

[ADHD Foundation](#)

Useful video

<https://youtu.be/outIKafo1Ww>

Revision:

[Preparing autistic children and young people for exams \(autism.org.uk\)](http://autism.org.uk)

[SparkNotes: Today's Most Popular Study Guides](#)

[Meet the Mind Set - BBC Bitesize](#)

[Revision techniques from BBC Bitesize - BBC Bitesize](#)

[Revision help and tips | The Student Room](#)

[How to make great flashcards and revision cards | The Student Room](#)

Go follow Mr Harkin on Youtube for help with English

Useful app:



BBC bitesize

Young carers:

[Young carers | Childline](#)

[Young Carers \(sefton-carers.org.uk\)](http://sefton-carers.org.uk)

[Young carers \(youngminds.org.uk\)](http://youngminds.org.uk)

Useful video

<https://youtu.be/kdvd-R2b6YA>

Self-harm:

[Self-harm | Childline](#)

[Self Harm - Liverpool CAMHS](#)

[LifeSIGNS | the user-led self-harm small charity](#)

Video links:

<https://www.youtube.com/watch?v=gTrqehlFz1w&t=6s> – a young person’s journey

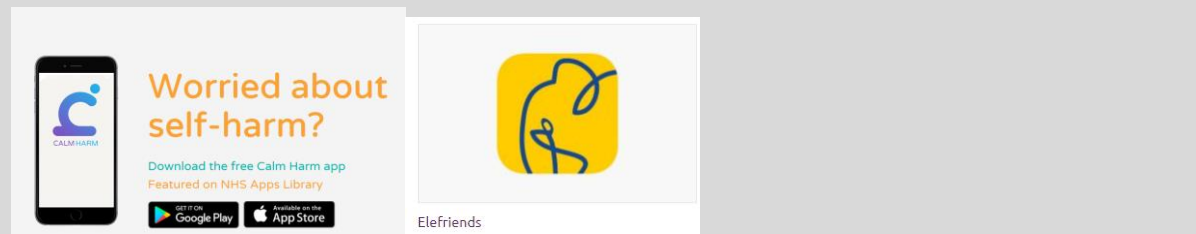
<https://www.youtube.com/watch?v=b4cPCcJ6o88> – a parent’s journey

<https://www.youtube.com/watch?v=uKGciUB8OSg> – responding to self-harm

<https://www.youtube.com/watch?v=kT5cr-HTTEQ> – things can change

<https://www.youtube.com/watch?v=8U8HyftKH1Q> – Russell brand

Useful apps:



The image shows two app advertisements. On the left is the 'Calm Harm' app, featuring a smartphone icon with the app logo and the text 'Worried about self-harm? Download the free Calm Harm app. Featured on NHS Apps Library'. Below this are icons for Google Play and the App Store. On the right is the 'Elefriends' app, showing a yellow square icon with a blue line drawing of a person's head and shoulders.

Drugs:

[Drugs | Childline](#)

[Honest information about drugs | FRANK \(talktofrank.com\)](#)

Useful videos:

https://youtu.be/5ASKyLdSa_E

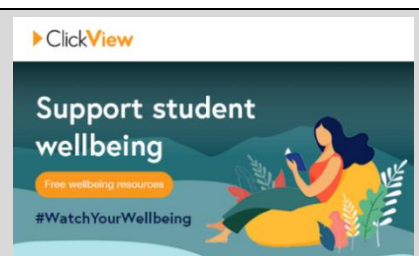
<https://youtu.be/47EjwbwmGl8>

General videos

[CAMHS films Archives - Liverpool CAMHS](#)

[Free UK Homeschool Learning Resources | ClickView](#)

[Miniclips: Wellbeing - ClickView](#)



The image is a ClickView advertisement. It features the ClickView logo at the top left. The main text reads 'Support student wellbeing' in white on a dark green background. Below this, it says 'Free wellbeing resources' in a small orange box. At the bottom, there is a hashtag '#WatchYourWellbeing'. The background of the ad shows a stylized illustration of a person sitting and reading a book, with some foliage.

Youth Groups:

Youth Groups: <https://www.animateyouth.org>

<https://www.youth2000.org/>



ONLINE GROUP DELIVERY		
MONDAY	4:30-5:30PM	- THRIVE (secondary school age)
TUESDAY	4:30-5:30PM	- LGBTQ+ (10-16 years)
WEDNESDAY	4-5:30PM	- YOUNG AMBASSADORS
THURSDAY	4-5PM	- LGBTQ+ (16-25 years)



The Star Centre address is 98b Linacre Lane, Bootle L20 6ES.

Young people can drop in Mondays and Wednesdays from 3.00-7.00pm for information, support and advice. We hold a parent's support drop in on Mondays from 1pm - 3pm and on Tuesdays from 5.15pm - 6.45pm we facilitate our LGBTQ drop in and support group. One to one and group therapeutic sessions are delivered throughout the week and on Saturdays.

For more information about the Star Centre give us a call on 0151 474 4744.

Gratitude:

<https://www.caremerseyside.org.uk/adopting-an-attitude-of-gratitude/>

<https://youngminds.org.uk/blog/small-habits-that-can-benefit-your-mental-health/#practising-gratitude>

<https://kidshealth.org/en/teens/gratitude.html>

Prayer:

Art and Prayer:

https://www.amazon.co.uk/Books-Christian-Colouring/s?rh=n%3A266239%2Cp_27%3AChristian+Colouring+Books

<https://www.prayerideas.org/prayer-painting-meditate-pray-art/>

Being Creative:

<https://www.prayerspacesinschools.com/prayer-spaces-at-home>

<https://www.pinterest.co.uk/SarahCoggins/youth-ministry-prayer-ideas/>

Music:

<https://www.eden.co.uk/christian-music/>

Prayer Apps:

Click to Pray

The Bible in One Year

Lectio 365

Examen

Kindness:

<https://www.randomactsofkindness.org/kindness-ideas>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide>

Meditation:

<http://mindfulnessforteens.com/guided-meditations/>

Christian Meditation:

<http://www.cominghome.org.au/>

Apps on Google Play and Apple store:

Headspace

Calm

Book: The Mindful Teen by Professor Dzung

Childline:

[Wall of Expression](#)

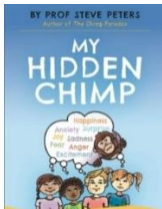


[Calm zone | Childline](#)

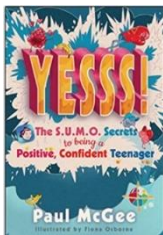
Coping Kit- choose what will help you today- different ideas to distract you

[Coping Kit | Childline](#)

Self help strategies- books and workbooks:



My Hidden Chimp -Book available on amazon written by Prof Steve Peters



Yesss!: The SUMO Secrets to Being a Positive, Confident Teenager by Paul McGee

[Activity Booklet.pdf](#)

[Activity Booklet \(1\).pdf](#)

[Activity Booklet \(2\).pdf](#)

Art and activities:

[Downloadable Colouring Resources - NeuroLove](#)

[Calm zone | Childline](#)

[Resources - NeuroLove](#)

Art journal

[How to Combine Drawing and Writing into Deeply Personal Art Journals \(mymodernmet.com\)](#)

Paper journals

Mindwell Leeds- pdfs of mood diary/stress diary/thought diary/worry list/sleep diary

Yoga and Exercise:

<https://youtu.be/LPDWyxLfDI8>

[Yoga with Adriene](#)

[Get fit for free - NHS \(www.nhs.uk\) free 10 min workouts\yoga\pilates](#)

[Fitness Studio exercise videos - NHS \(www.nhs.uk\)](#)

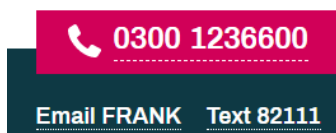
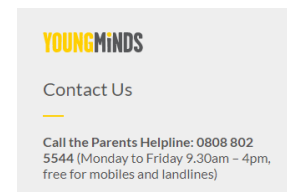
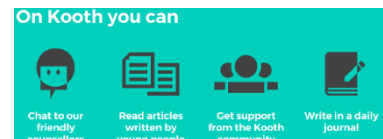
[LFC's Home Workouts with Andreas Kornmayer | Mobility and Core session \(youtube\)](#)

[Sure Football \(@surefootball\) • Instagram photos and videos](#)

Where to go for further support:



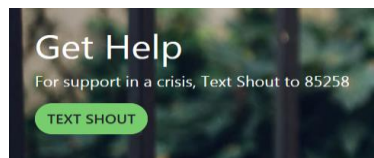
By telephone:
0151 707 1025



GYRO (LGBTQ+ Youth Liverpool)
Young Person's Advisory Service
36 Bolton Street
LIVERPOOL
L3 5LX
Tel: 0151 702 6087
Email: gyro@ypas.org.uk
Website: www.ypas.org.uk

☎ 0808 801 0400:
Mon-Fri, 9am - 9pm

✉ info@mermaidsuk.org.uk





HOPELINEUK

0800 068 41 41



Winston's Wish

Offers practical support and guidance to bereaved children, their families and professionals.

Online chat service available for young people (1pm - 5pm, Tuesdays & Fridays).

Phone: 08088 020 021 (for those supporting a grieving child or young person)

Email: ask@winstonswish.org

Text: WW to 85258 (24/7 support for young people in a crisis)

Opening times: 9am - 5pm, Monday - Friday

shout
for support in a crisis



Helpline: 0808 801 0677 ☎

Studentline: 0808 801 0811 ☎

Youthline: 0808 801 0711 ☎

Our Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes our lines are busy. If you can't get through immediately, please do try again or try our [one-to-one web chat](#).

If you are in need of urgent help for yourself or someone else outside of our Helpline opening hours, please contact [999](#) or the Samaritans on [116 123](#) if you or someone else is in immediate danger.

 **bullybusters**
don't suffer in silence

0800 169 6928

All calls are treated in the strictest confidence and will not appear on itemised bills

If you need to talk to someone...

If you want to access support over the phone, you can call:

National Domestic Abuse Helpline – 0808 2000 247 – www.nationaldahelpline.org.uk/ (run by Refuge)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327 (run by Respect)

The Mix, free information and support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428 (run by Galop)

Samaritans (24/7 service) – 116 123

Rights of Women advice lines, there are a range of services [available](#)

