

Mental health and well-being: useful websites/contacts and apps.

<http://www.youngminds.org.uk>

<http://www.mind.org.uk>

<http://www.relaxkids.com/UK/Homepage>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

www.mymindmatters.org.uk

www.childline.org.uk or 0800 1111

www.nspcc.org.uk

www.papyrus-uk.org for the prevention of young suicide or 0800 068 4141, text 07786 209697

Useful Apps

- SAM - Self Help App for Anxiety
- Virtual Hope Box
- MyCBT
- Anxiety Coach
- Thought Diary
- Mood & Anxiety Diary
- CBT Referee
- iStress
- Live Happy
- My Thoughts
- Smart Goals
- LifeTick (values & goals)
- Beat Panic
- DBT Self-Help
- MoodKit
- Affirmations
- Thought Box
- Fig - personal wellness guide
- Headspace
- Kalm

Rotherham - Crisis team

Between 9am-5pm you can contact: The CAMHS Team or your Care Coordinator (if you are already seeing someone in CAMHS) **01709 304808**. Please note the services are closed on public bank holidays but the out of hours service continues to operate. Out of Hours is after 5pm and at weekends - for a mental health crisis access support is available at your local Emergency Department. If you're aged 16 years and over you can also contact the Rotherham Crisis Team on 01709 302670. If someone is in immediate danger call 999.

Thinking of running away?

Safe at Last number / contact 0800 335 SAFE / Text SAFE and message to 60777 / Web chat safeatlast.co.uk/chat