



# **Richmond Borough Mind Youth Service Support and Information Guide**

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## Richmond Borough Mind Services

Organisation/department	Info	Contact
<b>Information/advice</b>	<ul style="list-style-type: none"> <li>- General information about RB Mind services, signposting and main office</li> </ul>	Call: 02089 287652 Email: <a href="mailto:info@rbmind.org">info@rbmind.org</a> Website: <a href="https://www.rbmind.org/">https://www.rbmind.org/</a>
<b>Peer Group Network</b>	<ul style="list-style-type: none"> <li>- Peer support groups for people aged 18 and up.</li> </ul>	Call: 07715 312 638 Call: 07889 705 695 Email: <a href="mailto:Peer.network@rbmind.org">Peer.network@rbmind.org</a>
<b>Richmond Wellbeing Service</b>	<ul style="list-style-type: none"> <li>- Low intensity psychological support for people experiencing anxiety, low mood, phobias, OCD or long term health problems.</li> <li>- Aged 18 or over (if you are 16 or 17 we can accept you if you are no longer in education).</li> </ul>	Call: 020 8548 5550 Website: <a href="https://www.richmondwellbeingsservice.nhs.uk/">https://www.richmondwellbeingsservice.nhs.uk/</a>
<b>Mental Health Awareness Training</b>	<ul style="list-style-type: none"> <li>- Training programme to raise knowledge and awareness about mental health and wellbeing.</li> </ul>	Call: 02089 287652 Email: <a href="mailto:info@rbmind.org">info@rbmind.org</a> Website: <a href="https://www.rbmind.org/">https://www.rbmind.org/</a>
<b>Carers Support</b>	<ul style="list-style-type: none"> <li>- For adults supporting someone with a mental health problem.</li> </ul>	Call: 020 8940 7384 Email: <a href="mailto:carers@rbmind.org">carers@rbmind.org</a>

## Crisis Support

Organisation	Info	Contact
<b>Childline</b>	- A counselling service for parents, children and young people.	Call: 0800 1111
<b>Samaritans</b>	- A confidential emotional support service for anyone in the UK and Ireland.	Call: 116 123
<b>HOPELineUK</b>	- HOPELINEUK is a specialist telephone service offering non-judgemental support and practical advice to people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person.	Call: 0800 068 4141
<b>YoungMinds</b>	- UK Youth mental health charity	Text YM to 85258
<b>The Mix</b>	- Support service for young people.	Text THEMIX to 85258
<b>Shout</b>	- 24 hour crisis text support service	Text Shout to 85258

## General Support and information

Organisation	Info	Contact
<b>The Mix</b>	- Support service for young people.	Call: 0800 808 4994 (everyday 4-11pm) Online chat also available <a href="http://www.themix.org.uk">http://www.themix.org.uk</a>
<b>Childline</b>	- A counselling service for parents, children and young people.	Call: 0800 1111 Online chat also available <a href="http://www.childline.org.uk">http://www.childline.org.uk</a>
<b>Samaritans</b>	- A confidential emotional support service for anyone in the UK and Ireland.	Call: 116 123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (24 hours) <a href="http://www.samaritans.org/">http://www.samaritans.org/</a>
<b>Papyrus/HOPELineUK</b>	- Papyrus is the national charity dedicated to the prevention of young suicide. - HOPELINEUK is a specialist telephone service offering non-judgemental support and practical advice to people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person.	Call: 0800 068 4141 Text: 07786 209 697 Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> (10am-10pm weekdays, 2pm-10pm weekends and bank holidays) <a href="https://www.papyrus-uk.org">https://www.papyrus-uk.org</a>
<b>Campaign against living miserably (CALM)</b>	- Men's mental health charity	Call: 0800 58 58 58 (Nationwide) Call: 0808 802 58 58 (London) – 5pm to Midnight, 365 days a year Webchat also available <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>
<b>Rise Above</b>	- Public Health England's sit for 11-16 year olds which has information, advice, games and videos, about topics that affect them such as friends, mental health, drugs and alcohol, relationships, online safety.	<a href="https://riseabove.org.uk/">https://riseabove.org.uk/</a>
<b>Sane</b>	- A national helpline which provides support and information to anyone coping with mental illness.	Call: 0300 304 7000 between 4:30pm and 10:30pm each evening. Text and online support also available <a href="http://www.sane.org.uk">http://www.sane.org.uk</a>
<b>Young Minds</b>	- UK Youth mental health charity	Parents helpline: 0808 802 5544 <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>

<b>Stamp Out Suicide</b>	- Points of contact for those feeling suicidal, bereaved by suicide or concerned about suicide.	<a href="http://www.stampoutsuicide">www.stampoutsuicide</a>
<b>Youth Health Talk/Health Talk</b>	- Provides free, reliable information about health issues, by sharing people's real-life experiences.	<a href="http://www.healthtalk.org">www.healthtalk.org</a>
<b>Kooth</b>	- Provides free online support for young people.	<a href="http://www.kooth.com">www.kooth.com</a>
<b>Action for Happiness</b>	- A movement committed to building a happier more caring society by helping people to take practical action.	<a href="http://www.actionforhappiness.org">www.actionforhappiness.org</a>
<b>Anna Freud Centre</b>	- A children's mental health charity providing specialist help and training.	<a href="http://www.annafreud.org">www.annafreud.org</a> Call: 0207 794 2313 Email: <a href="mailto:info@annafreud.org">info@annafreud.org</a>
<b>STEM4</b>	- Aims to improve teenage mental health by stemming commonly occurring mental health issues.	<a href="http://www.stem4.org.uk">www.stem4.org.uk</a> Email: <a href="mailto:enquiries@stem4.org.uk">enquiries@stem4.org.uk</a>
<b>Early Intervention Foundation</b>	- An independent charity which champions and supports the use of effective early intervention for children with signs of risk.	<a href="http://www.eif.org.uk">www.eif.org.uk</a>
<b>Rethink Mental Illness</b>	- A national mental health charity working to help everyone affected by severe mental illness recover a better quality of life.	<a href="http://www.rethink.org">www.rethink.org</a> Call: 0300 5000927 (9.30-1pm Monday-Friday) Email: <a href="mailto:info@rethink.org">info@rethink.org</a> / <a href="mailto:advice@rethink.org">advice@rethink.org</a>
<b>Muslim Youth Helpline</b>	- Offers support to young Muslims in distress.	<a href="http://www.myh.org.uk">www.myh.org.uk</a> Call: 0808 808 2008 (4-10pm everyday)
<b>The Royal College of Psychiatrists</b>	- Website includes readable and well researched information about mental health.	<a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>
<b>Hearing Voices Network</b>	- Peer-focused national organization for people who hear voices and experience auditory hallucinations.	Call: 0114 271 8210 Email: <a href="mailto:nhvn@hotmail.co.uk">nhvn@hotmail.co.uk</a> <a href="http://www.hearing-voices.org">www.hearing-voices.org</a>
<b>Voice Collective</b>	- Peer support for young people who hear, see and sense things that others don't	Call: 0207911 0822 Email: <a href="mailto:info@voicecollective.co.uk">info@voicecollective.co.uk</a> <a href="http://www.voicecollective.co.uk">www.voicecollective.co.uk</a>
<b>Head Meds</b>	- Info for young people on medication, mental health and life.	<a href="http://www.headmeds.org.uk">www.headmeds.org.uk</a>

<b>Heads Together: Mentally Healthy Schools</b>	- Brings together quality-assured info and resources to help primary schools understand and promote children's mental health and wellbeing.	<a href="http://www.mentallyhealthyschools.org.ukmoodsco">www.mentallyhealthyschools.org.ukmoodsco</a>
<b>Time to Change</b>	- Real life stories and information providing guidance and support about mental health.	<a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>
<b>Big White Wall</b>	- Online counselling service (16+)	<a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a>

## Local

Organisation	Info	Contact
<b>Off the Record</b>	<ul style="list-style-type: none"> <li>- Walk in information</li> <li>- Counselling</li> <li>- Sexual Health</li> <li>- Free to people aged 11 to 24 who are living, studying or working in Richmond borough, to use the confidential services. You may be asked for a donation for counselling if you are over 18 and in work.</li> </ul>	Call: 020 8744 1644 <a href="http://otrtwickenham.com">http://otrtwickenham.com</a>
<b>Samaritans – Kingston Branch</b>	<ul style="list-style-type: none"> <li>- Local branch of the Samaritans charity, providing emotional support via phone and face to face.</li> </ul>	Wheatfield Way Kingston upon Thames Surrey KT1 2QS  <i>Usual hours open to receive callers at the door: 7.30am - 9.30pm every day.</i>
<b>Richmond Aid – BuddyUp</b>	<ul style="list-style-type: none"> <li>- Enables people aged 14-17 with a disability to increase their confidence using public transport by matching them with their own young volunteer ('buddy') to increase independence and confidence through travelling and getting out and about more in their community</li> </ul>	<a href="http://www.richmondaid.org.uk/richmond-and-kingston-buddyup/">http://www.richmondaid.org.uk/richmond-and-kingston-buddyup/</a>



## Bullying

Organisation	Info	Contact
<b>Bullying UK</b>	<ul style="list-style-type: none"> <li>- Support and advice for victims of bullying, as well as resources for parents and schools.</li> </ul>	Call: 0800 800 2222 Online chat also available <a href="https://www.bullying.co.uk">https://www.bullying.co.uk</a>
<b>Kidscape</b>	<ul style="list-style-type: none"> <li>- Kidscape aims to provide children, families, carers and professionals with advice, training and practical tools to prevent bullying and protect young lives.</li> </ul>	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>
<b>National Bullying Helpline</b>	<ul style="list-style-type: none"> <li>- Information and advice about bullying.</li> </ul>	<a href="http://www.nationalbullyinghelpline.co.uk">www.nationalbullyinghelpline.co.uk</a> Call: 0845 2255787 (9am-5pm Monday-Friday)
<b>Anti-Bullying Alliance</b>	<ul style="list-style-type: none"> <li>- Offer tools and information about bullying.</li> </ul>	<a href="http://www.anti-bullyingalliance.org.uk">www.anti-bullyingalliance.org.uk</a>

## Substance Issues

Organisation	Info	Contact
<b>FRANK</b>	- Friendly confidential drugs advice	Call: 0300 123 6600 (24hrs) Text: 8211 (24 hours) Online chat and email also available <a href="http://www.talktofrank.com">http://www.talktofrank.com</a>
<b>Urban75</b>	- UK national drugs helpline	<a href="http://www.urban75.com/Drugs/helpline.html">http://www.urban75.com/Drugs/helpline.html</a>
<b>Daniel Spargo Mabbs Foundation</b>	- Drugs education for young people, parents and teachers.	<a href="http://dsmfoundation.org.uk/">http://dsmfoundation.org.uk/</a>
<b>Drink Aware</b>	- Alcohol education charity aimed at helping people make better choices about their drinking.	<a href="https://www.drinkaware.co.uk/">https://www.drinkaware.co.uk/</a>
<b>Drugsfam</b>	- Support for families, friends and partners affected by someone else's drug or alcohol use	Call: 0300 888 3853 (9am – 9pm, seven days a week). Email also available <a href="http://www.drugfam.co.uk">http://www.drugfam.co.uk</a>
<b>Why Not Find Out? (WNFT?)</b>	- Independent source of information about drugs, alcohol, nicotine and illicit drugs including new psychoactive substances.	<a href="http://www.wnfo.org.uk/">http://www.wnfo.org.uk/</a>
<b>Drugs and Me</b>	- Social enterprise that provides services centred around drug harm reduction.	<a href="https://www.drugsand.me/en/">https://www.drugsand.me/en/</a>
<b>Coap</b>	- Support (including online counselling) for children and young people affected by a parental addiction.	<a href="http://www.coap.org.uk">www.coap.org.uk</a>
<b>Nacoa</b>	- Information and support for children and young people who are affected by a parent's drinking.	<a href="http://www.nacoa.org.uk">www.nacoa.org.uk</a>
<b>National Drugs Helpline</b>	- Helpline for anyone concerned about drug misuse, including users, families, friends and carers	0800776600 (anytime)

## Self Harm

Organisation	Info	Contact
<b>Harmless</b>	- National voluntary organization for people who self harm, their friends, families and professionals.	<a href="http://www.harmless.org.uk/">http://www.harmless.org.uk/</a>
<b>LifeSIGNS</b>	- Self-injury guidance and support network	<a href="http://www.lifesigns.org.uk/">http://www.lifesigns.org.uk/</a>
<b>Self-injury support</b> (formerly Bristol crisis service for women)	- Support for women and girls who self harm, with resources provided for all.	Call: 0808 800 8088 Text: 07800 472908 Email and webchat: All services are open Tuesday, Wednesday and Thursday from 7pm-9:30pm. <a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a>
<b>National Self-Harm Network</b>	- Forum supporting individuals who self harm.	<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
<b>Selfharmuk</b>	- A project dedicated to supporting young people impacted by self harm.	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
<b>Recover Your Life</b>	- Info and support around self-harm	www.recoveryourlife.com

## Eating problems

Organisation	Info	Contact
<b>Beat</b>	- UK national eating disorder charity	<p>Call: 0808 801 0677 (adult support line)            Call: 0808 801 0711 (youth support line)            Call: 0808 801 0811 (student support line)            Open 365 days a year from 12pm-8pm during the week, and 4pm-8pm on weekends and bank holidays.</p> <p>The Beat Adult email support is open to anyone over 18:  <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a></p> <p>The Beat Studentline email support is open to all students:  <a href="mailto:studentline@beateatingdisorders.org.uk">studentline@beateatingdisorders.org.uk</a></p> <p>The Beat Youthline email support is open to anyone under 18:  <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a></p> <p>Online support also available:  <a href="https://www.beateatingdisorders.org.uk">https://www.beateatingdisorders.org.uk</a></p>
<b>Anorexia &amp; Bulimia Care</b>	- Personable care and support for anyone affected by anorexia, bulimia, binge eating and all types of eating disorders.	<p>Call: 03000 11 12 13 [Option 1]            Family and friends call: 03000 11 12 13 [Option 2]            Email: <a href="mailto:support@anorexiabulimiacare.org.uk">support@anorexiabulimiacare.org.uk</a>            Family and friends email:  <a href="mailto:familyandfriends@anorexiabulimiacare.org.uk">familyandfriends@anorexiabulimiacare.org.uk</a>  <a href="http://www.anorexiabulimiacare.org.uk/">http://www.anorexiabulimiacare.org.uk/</a></p>

<b>Men get eating disorders too (MGEDT)</b>	- Men's eating disorder charity	Information and online peer support: <a href="https://mengetedstoo.co.uk/">https://mengetedstoo.co.uk/</a>
<b>Boy Anorexia</b>	- Website about anorexia in boys	<a href="http://www.boyanorexia.com">www.boyanorexia.com</a>

## Gender and Sexuality

Organisation	Info	Contact
<b>Shout this way (LGBTQ and Youth Club)</b>	- Age of Users - <b>13 To 19</b>	Heatham House Youth Centre, Whitton Road, Twickenham Contact stw@achievingforchildren.org.uk for more information
<b>Stonewall</b>	- National LGBTQ+ charity	<a href="https://www.stonewall.org.uk">https://www.stonewall.org.uk</a> Youth - <a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a>
<b>Free 2B alliance</b>	- London based Community Interest Company, supporting LGBTQ+ young people and parents and empowering them to work with us in delivering awareness training	<a href="http://free2b-alliance.org.uk">http://free2b-alliance.org.uk</a>
<b>Imaan</b>	- The UK's leading LGBTQ Muslim charity	<a href="https://imaanlondon.wordpress.com/">https://imaanlondon.wordpress.com/</a>
<b>Mermaids</b>	- Supporting children and young people up to 20 years old who are transgender and/or gender diverse, and their families	Call: 0344 334 0550 (Monday to Friday, 9am - 9pm ) Email: <a href="mailto:info@mermaidsuk.org.uk">info@mermaidsuk.org.uk</a> Online support also available <a href="https://www.mermaidsuk.org.uk/">https://www.mermaidsuk.org.uk/</a>
<b>Mindline Trans+</b>	- Support for people who are transgender or non-binary - Run by trans volunteers	Call: 0300 330 5468( Mondays and Fridays, 8 pm to midnight)
<b>London Lesbian and Gay Switchboard</b>	- National service for lesbians, gays and anyone needing support regarding their sexuality.	Call: 0300 330 0630 (10am-10pm everyday) <a href="http://switchboard.lgbt/">http://switchboard.lgbt/</a>

## Sexual Health

Organisation	Info	Contact
<b>Getting it on</b>	- Information and services for 13-19 year olds on sexual and mental health issues, drugs & alcohol and relationship problems	<a href="https://www.gettingiton.org.uk/">https://www.gettingiton.org.uk/</a>
<b>Come correct (CCard)</b>	- Provides access to free condoms in a variety of locations (called Outlets) across London.	<a href="http://www.comecorrect.org.uk/">http://www.comecorrect.org.uk/</a>
<b>Sexwise</b>	- Contraceptive advice	Call: 0800 28 29 30
<b>Brook</b>	- Sexual health and wellbeing advice for under 25's	Text: 07537 402 024 Opening Times: 09:00 - 15:00 Monday – Friday <a href="http://www.brook.org.uk">www.brook.org.uk</a> (webchat available)
<b>TXTM8</b>	- Free and confidential sex and relationship advice	Text: TXTM8 available 24 hours a day 7 days a week
<b>Disrespect nobody</b>	- Relationship, sex, consent and harassment advice	<a href="https://www.disrespectnobody.co.uk/">https://www.disrespectnobody.co.uk/</a>

## Abuse

Organisation	Info	Contact
<b>Rape Crisis</b>	- Female helpline	Call: 0808 802 9999 (12 noon - 2.30pm and 7 - 9.30pm every day of the year)
<b>Safeline</b>	- National Male Survivors Helpline	Call: 0808 800 5005  (Usual opening times Mon/Wed/Fri 9-5, Tues/Thurs 8-8, Sat 10-2) Text: 07860 027573 Email: <a href="mailto:support@safeline.org.uk">support@safeline.org.uk</a>
<b>SurvivorsUK</b>	- Male rape and sexual abuse	Text: 020 3322 1860 whatsapp 07491 816064 Online chat also available <a href="https://www.survivorsuk.org/">https://www.survivorsuk.org/</a>
<b>Galop</b>	- Lesbian, Gay, Bisexual and Trans Domestic Abuse Helpline	Call London: 020 7704 2040 Call national: 0800 999 5428. 10am – 5pm Monday and Friday, 10am – 8pm Wednesday and Thursday, 10am – 5pm Tuesday (Trans specific service) Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a>



## Bereavement

Organisation	Info	Contact
<b>Cruse Bereavement</b>	- The leading national bereavement charity offering support, advice and information for children, young people and adults.	Call: 0808 808 1677 (Mon/Friday 9.30-5, Tues/Wed/Fri 9.30-8) Email: <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a> <a href="http://hopeagain.org.uk/">http://hopeagain.org.uk/</a>
<b>Child Bereavement UK</b>	- Supports families and educates professionals when a child of any age passes away.	Call: 0800 02 888 40 (Mon-Fri 9-5) Email: <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a> <a href="https://childbereavementuk.org/">https://childbereavementuk.org/</a>
<b>Grief encounter</b>	- Advice and support for bereaved children and their families experiencing the death of a loved one.	Call: 0808 802 0111 (Mon-Fri 9-9) Email: <a href="mailto:support@griefencounter.org.uk">support@griefencounter.org.uk</a> Online counselling also available <a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a>
<b>Facing the future</b>	- Support groups for anyone over 18 bereaved after suicide 3 or more months ago	Call: 0208 939 9560 (leave a message) Email: <a href="mailto:info@facingthefuturegroups.org">info@facingthefuturegroups.org</a> <a href="https://www.facingthefuturegroups.org/">https://www.facingthefuturegroups.org/</a>
<b>Winston's wish</b>	- Child bereavement charity	Call: 08088 020 021( Open weekdays 9am - 5pm ) Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a> <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a>
<b>Survivors of bereavement by suicide (SOBS)</b>	- Support for anyone over 18 who has lost someone to suicide	Call: 0300 111 5065 (open 9am – 9pm Monday to Friday) Email: <a href="mailto:email.support@uksobs.org">email.support@uksobs.org</a> <a href="https://uksobs.org/">https://uksobs.org/</a>

<b>Blue Cross Pet Bereavement and Loss</b>	- Ran by the Blue Cross animal charity and offering emotional support following the loss of a pet.	Call: 0800 096 6606 <a href="mailto:pbssmail@bluecross.org.uk">pbssmail@bluecross.org.uk</a> Every day from 8.30am – 8.30pm <a href="https://www.bluecross.org.uk/pet-bereavement-and-pet-loss">https://www.bluecross.org.uk/pet-bereavement-and-pet-loss</a>
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## Young Parents

**Achieving for children centres** - Children's Centres are places where all families with children under five, and expectant mothers and fathers, can go to help their children to get the best start in life.

Organisation	Info	Contact
Barnes Children's Centre		67b Lower Richmond Road Mortlake, SW14 7HJ Call: 07904 556423
Ham Children's Centre,		Ashburnham Road, Middlesex, TW10 7BG Call: 020 8734 3400
Hampton Children's Centre (Norman Jackson)		50 Windmill Road, Hampton Hill, Middlesex, TW12 1QU Call: 020 8941 6843
Hampton Children's Centre (Tangley Park)		1 Bramble Lane, Hampton, Middlesex, TW12 3XB (call) 020 8481 9420
Heathfield Children's Centre		Powder Mill Lane, Whitton, TW2 6EX (call) 020 8734 3405
Sunflower Centre (formerly known as Stanley Children Centre)		Strathmore Road, Teddington, Middlesex, TW11 8UH Call: 020 8734 3372

## Students

Organisation	Info	Contact
<b>Student Minds</b>	- The UK's student mental health charity, empowering students and members of university communities to look after their own mental health and support others.	<a href="http://www.studentminds.org.uk/">http://www.studentminds.org.uk/</a>
<b>The Student Room</b>	- Online student community utilising forums and accessing resources.	<a href="https://www.thestudentroom.co.uk/">https://www.thestudentroom.co.uk/</a>
<b>Student Against Depression</b>	- Information and help for anyone feeling depressed	<a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a>
<b>Nightline</b>	- Listening service for students, provided by trained student volunteers.	<a href="http://www.nightline.ac.uk">www.nightline.ac.uk</a>

## Money Advice

Organisation	Info	Contact
<b>Life money action</b>	- Support for young people aged 16-24 with money management issues	<a href="http://lifemoneyaction.nsafs.co.uk/">http://lifemoneyaction.nsafs.co.uk/</a>
<b>Money Advice Service</b>	- Offers free and impartial money advice.	<a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a>
<b>Student Loans company</b>	- Non profit making government owned organisation providing loans and grants to students.	<a href="http://www.slc.co.uk">www.slc.co.uk</a>

## Support with mental health conditions

Organisation	Info	Contact
<b>Anxiety UK</b>	- Helps all those suffering with anxiety disorders.	Call: 08444 775 774 (weekdays 9.30-17.30) Text Service: 07537 416 905 <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
<b>No Panic</b>	- Helps people with anxiety disorders.	Call: 0844 967 4848 (10-22.00) Youth Helpline : 0330 606 1174 (weekday 15.00-18.00) <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>
<b>OCD Action</b>	- Information on OCD and related disorders.	Call: 0845 3906232 or 0207 2532664 (Mon-Fri 9.30-8 – depending on volunteer availability) Email: <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a> <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>
<b>OCD-UK</b>	- Information and support relating to OCD in children and young people.	<a href="http://www.ocduk.org">www.ocduk.org</a>
<b>Beat</b>	- Information and support around eating problems.	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> Adult helpline: 0808 801 0677 Email: <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> Youth helpline: 0808 801 0711 Student helpline: 0808 801 0811 Email: <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a>
<b>Bipolar UK</b>	- Information on bipolar disorder, eCommunity, support groups.	<a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>
<b>Charlie Waller Memorial Trust</b>	- Awareness, information and resources for those who are depressed.	Call: 01635 869754 <a href="http://www.cwmt.org.uk">www.cwmt.org.uk</a>

## Apps

Organisation	Info	Contact
<b>Stay alive app</b>	- Suicide prevention	<a href="http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html">http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html</a>
<b>Doc ready</b>	- Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health.	<a href="https://www.docready.org/#/home">https://www.docready.org/#/home</a>
<b>Calm Harm</b>	- Self-harm prevention	<a href="http://calmharm.co.uk">http://calmharm.co.uk</a>
<b>Beat bullying</b>	- Student-led movement to create an inclusive future	<a href="https://bullying.org/">https://bullying.org/</a>
<b>DistrACT</b>	- Self harm and suicide prevention	<a href="https://www.expertselfcare.com/health-apps/distract/">https://www.expertselfcare.com/health-apps/distract/</a>
<b>Student health</b>	- Health and wellbeing information for students	<a href="https://www.expertselfcare.com/health-apps/student-health-app/">https://www.expertselfcare.com/health-apps/student-health-app/</a>
<b>StepFinder</b>	- Find help locally (currently only ios)	<a href="https://itunes.apple.com/gb/app/stepfinder/id739706997?mt=8">https://itunes.apple.com/gb/app/stepfinder/id739706997?mt=8</a>
<b>Come correct (CCard)</b>	- provides access to free condoms in a variety of locations (called Outlets) across London	<a href="http://ccard.me/App/">http://ccard.me/App/</a>
<b>Grief: Support for young people (Child Bereavement UK)</b>	- Information about bereavement, grief, feelings and how to help yourself.	<a href="https://itunes.apple.com/gb/app/grief-support-for-young-people/id883195199">https://itunes.apple.com/gb/app/grief-support-for-young-people/id883195199</a>
<b>ForMe</b>	- An app created by ChildLine includes all of ChildLines services in an app.	<a href="http://www.childline.org.uk/toolbox/for-me/">http://www.childline.org.uk/toolbox/for-me/</a>

<b>StressHeads</b>	- Aims to help 16-25 year olds identify and cope with stress.	<a href="http://www.themix.org.uk/apps-and-tools/stressheads">http://www.themix.org.uk/apps-and-tools/stressheads</a>
<b>Emoodji</b>	- For University students - A free app for the ups and downs of university life to help track mood over time.	<a href="http://www.emoodji.co.uk/">http://www.emoodji.co.uk/</a>
<b>Headspace</b>	- An app teaching mindfulness and meditation principles	<a href="http://www.headspace.com">www.headspace.com</a>
<b>Moodometer</b>	- An interactive mood diary for monitoring and understanding wellbeing.	<a href="http://myhealthapps.net/app/details/363/moodometer">http://myhealthapps.net/app/details/363/moodometer</a>
<b>Moodpanda</b>	- An app based platform allowing people to track their moods.	<a href="http://www.moodpanda.com">www.moodpanda.com</a>
<b>SuperBetter</b>	- An app to help young people build resilience to become stronger, happier and healthier.	<a href="http://www.superbetter.com">http://www.superbetter.com</a>
<b>Youper (for social anxiety)</b>	- An app to help people with social anxiety gain confidence in social situations.	<a href="http://youper.co/start-now">http://youper.co/start-now</a>
<b>Stop Panic and Anxiety Self-Help</b>	- A self help app for people experiencing panic attacks.	<a href="http://www.excelatlife.com/apps.htm#panicapp">http://www.excelatlife.com/apps.htm#panicapp</a>
<b>SAM</b>	- Self help app for anxiety.	<a href="http://sam-app.org.uk/">http://sam-app.org.uk/</a>
<b>MindShift</b>	- Designed to help teens and young people cope with anxiety.	<a href="https://www.anxietybc.com/resources/mindshift-app">https://www.anxietybc.com/resources/mindshift-app</a>
<b>MoodKit</b>	- To help people with anxiety and depression manage and track their moods.	<a href="http://www.thriveport.com/products/moodkit/">http://www.thriveport.com/products/moodkit/</a>
<b>Positive Penguins (for children)</b>	- Aimed at 8-12 year olds, this app helps children understand their feelings and challenge negative thinking.	<a href="http://positivepenguins.com/">http://positivepenguins.com/</a>
<b>Get Self Help</b>	- Offers self help and therapy resources	<a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a>



<b>Calm Harm</b>	- Aims to help young people resist the urge to self harm.	<a href="http://www.stem4.org.uk/calmharm/">http://www.stem4.org.uk/calmharm/</a>
<b>Self-Heal</b>	- Aims to help user resist the urge to self harm.	<a href="http://self-healapp.co.uk/Home/">http://self-healapp.co.uk/Home/</a>
<b>Rise Up Recovery Warriors</b>	- Eating disorder recovery tools	<a href="https://www.recoverywarriors.com/app/">https://www.recoverywarriors.com/app/</a>
<b>Recovery Record Eating Disorder Management App</b>	- Eating disorder recovery tools	<a href="https://www.recoveryrecord.com">https://www.recoveryrecord.com</a>
<b>Moodbug</b>	- Allows you to track your mood and share with friends or the public if you want to. Can give 'gifts' to others to cheer them up.	<a href="https://moodbug.me/">https://moodbug.me/</a>
<b>Anamaya for Schools</b>	- An 11 week full curriculum Mindfulness for School course. Offers 109 lessons and exercises over two age categories.	<a href="https://www.anamaya.co/school/">https://www.anamaya.co/school/</a>
<b>Stop, Breathe and Think</b>	- Guide to meditation. Recommends certain meditations based on how you're feeling.	<a href="https://www.stopbreathethink.com/SAM">https://www.stopbreathethink.com/SAM</a>
<b>Headspace</b>	- Mini 10 minute meditations.	<a href="http://www.headspace.com">www.headspace.com</a>
<b>Personal Zen</b>	- Game that has been clinically proven to reduce stress.	<a href="https://personalzen.com/">https://personalzen.com/</a>
<b>InHand</b>	- App to help young people through ups and downs of life. Suggests activities to help based on how you rank your mood.	<a href="http://inhand.org.uk/">http://inhand.org.uk/</a>
<b>EMoods Bipolar Mood Tracker</b>	- An app to help users track their moods, medication, sleep and other common symptoms related to bipolar disorder.	<a href="http://emoodtracker.com/">http://emoodtracker.com/</a>
<b>Stress Tips (Anxiety UK)</b>	- Tests to see which form of anxiety you have, audio tips from people with lived experience, information to read.	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>

<b>SleepCycle</b>	- Uses the phones accelerometer to wake you up within a half hour window when you are at the lightest level of sleep. Waking you up from lighter sleep should help you feel more refreshed.	<a href="http://www.sleepcycle.com">www.sleepcycle.com</a>
<b>HealthyMinds</b>	- Problem Solving tool aimed at students	healthymindsapp.ca