



Resource List

Template For Mental Health Services in Your Community

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Statutory Services

Research the local services in your area

NHS Mental Health Out of Hours Helpline

Research your local number

Available from 5pm to 9am on weekdays and around the clock at weekends and bank holidays.

Hospital Mental Health Liaison Service

Operating Hours: seven days a week, 24 hours a day

They are a team of experienced specialist mental health professionals who provide high quality psychiatric assessments and brief treatments both in an emergency setting such as the A&E department and in-patient wards. They also offer advice and information to colleagues in managing mental health problems within the acute hospital setting. They are the link between the general hospital and mental health services.

They aim to talk to you about any mental health problems you may have and discuss with you what support and treatment (if any) you might need. Then, refer you to appropriate mental health services, if required - this may include intensive home-based treatment with the crisis team or admission to a mental health unit in collaboration with crisis services, if there are serious risks to yourself or others. They also liaise with your GP and/or other services involved in your care, including your community mental health team if you have one.

Community Mental Health Team

The Mental Health Service combines health workers and social care staff. They work in partnership with mental health services users, carers, local GPs and voluntary organisations to offer support and advice to people suffering from mental ill health.

NHS Talking Therapies

https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/?wt.mc_id=talkingtherapies24_TT_EM&wt.tsrc=ppc&gclid=EAlaIQobChMIjNjlk9OHhAMVG5NQBh2fDggmEAAYASAAEgKhfPD_BwE&gclsrc=aw.ds

NHS Wellbeing Team

To make a self-referral or find out more about the service, visit www.talkwellbeing.co.uk. To request a self-referral form be sent to you via post, please call 0300 777 0707.

Mental Health Team

There will be a local Mental Health Team that can be contacted if the person you are supporting is already under their care. If you need support, contact the Duty Worker during normal working hours, 9am—5pm Monday to Friday:

Every Mind Matters

NHS website signposting to expert advice and giving practical tips to help you look after your mental wellbeing and make them part of your daily routine.

<https://www.nhs.uk/every-mind-matters/>

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability. The support you get will depend on your needs. Through Access to Work, you can apply for:

- a grant to help pay for practical support with your work.
- support with managing your mental health at work.
- money to pay for communication support at job interviews.

<https://www.gov.uk/access-to-work>

Abuse/ Trauma

National Domestic Violence Helpline

Telephone: 0808 2000 247

What they offer: National Domestic helpline run by Women's Aid and Refuge. A helpline to provide support and information over the telephone and staffed for 24 hours a day by trained female support workers.

Refuge

Telephone: 0808 2000 247

www.Refuge.org.uk

Supporting those who have experienced violence and abuse is at the core of everything we do. No matter what your experience – domestic violence, sexual violence, 'honour' based violence, forced marriage, FGM, human trafficking or modern slavery – we are here to support you.

We run a range of specialist services to help survivors access safety and rebuild their lives. We understand each person's circumstances and needs are different and that survivors need different services at different times. Our expert staff work closely, and confidentially, with every individual to develop a bespoke support plan. If a woman is not sure what service she wants or needs, Refuge will support her to explore her options.

Women's Aid: Early Help Hub

Telephone: 020 7364 5005

<https://www.womensaid.org.uk/information-support/helpline/>

What they offer: Works with families or young people who would like some extra support to deal with a difficult situation. To help with family breakdown, emotional health, money troubles, parenting, addiction and children's behaviour.

Older Adults

Age UK/

find your local branch.

What they offer: Information and advice, befriending, home help plus, home from hospital, dementia support, social prescribing, money management.

Silverline

Telephone: 08004 708090

24/7 help friendship and advice for the older community.

Royal Voluntary Service

Telephone: 0330 555 0310

Email: <http://www.wrvs.org.uk>

<https://www.royalvoluntaryservice.org.uk/>

What we offer: WRVS is an age positive charity that offers a range of practical services to help and support older people to live well, maintain their independence and play a part in their local community. Services include Meals on Wheels, Hospital Cafes & shops, home libraries, Home from Hospital. Email contact can be made via website.

Suicide Prevention

Papyrus, Hopeline

<https://www.papyrus-uk.org>

Telephone: 0800 068 4141 24/7 Hopeline

Text: 07860 039967

Email: pat@papyrus-uk.org

Text: 07786 209697

Prevention of young suicide for under 35s.

Samaritans

<https://www.samaritans.org>

Telephone: 116 123 free from any phone anytime 24/7

Address: 663 Lea Bridge Road, London E10 6AL

What they offer: Call anytime by phone for support with suicidal thoughts. Email service also available. Support groups for people bereaved by suicide.

CALM

<https://www.thecalmzone.net>

(Campaign Against Living Miserably) aimed primarily at men.

Nationwide 0800 585858

London 0808 8025858

Open 5pm – midnight daily

Give Us a Shout

Shout 85258 is a free, 24/7 confidential, anonymous text support service. You can text from wherever you are in the UK.

info@giveusashout.org

<https://giveusashout.org/get-help/>

The Ollie Foundation

Link: <https://theolliefoundation.org>

Their mission is to eradicate the sense that suicide is the only option, especially among young people. They are dedicated to reducing the stigma surrounding suicide and promoting effective early intervention and prevention techniques and resources. They provide accessible in-person and online training, events, initiatives and resources to reduce the number of people who feel like suicide is their only option. They want to give you the confidence to support someone to stay safe.

The Jordan Legacy

Link: <https://thejordanlegacy.com>

Their mission is to do whatever they can to move toward a 'Zero Suicide Society' which, in their eyes, is a society that is willing and able to do all it can to prevent all preventable suicides. They believe suicide can effect anyone, yet everyone can help prevent suicides.

Zero Suicide Alliance

Link: <https://www.zerosuicidealliance.com>

Suicide prevention website and app offers help and support both to people with suicidal thoughts and people concerned about someone else. Features quick access to national crisis support helplines and suicide bereavement resources.

Stay Alive – Grassroots Suicide Prevention

Link: <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

The Zero Suicide Alliance (ZSA) aims to empower, educate, and equip individuals and organisations to support suicide awareness and prevention. they offer free online suicide awareness and prevention training and resources. They work in collaboration and partnership with a wide range of people and organisations. Bringing together different skills and expertise helps ensure the work they are doing meets the needs of different groups of people. They have also carried out research, written and contributed to suicide related publications and reports.

Survivors of Bereavement by Suicide

Link: <https://uksobs.com>

They help individuals support each other, at the time of their loss and in the months and years that follow. They aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other. This includes local and virtual groups, phone support, email support and online forum.

Autism / ADHD

Science On The Spectrum – Dr Rachel Moseley

Link: <https://www.scienceonthespectrum.net>

She is a scientist whose research focuses on understanding the challenges faced by autistic people, primarily around mental health. The website gives excellent resources for learning and support.

Joseph K Muscat

Link: <https://josephkmuscat.com>

His mission is to help both individuals and organisations take a leap and transform themselves and their business. His message is people are the foundation of any culture and this is why when you support people and build relationships, your projects and business will ultimately flourish. His website is focussed on neurodiversity in the workplace and has useful, recourses and advice and a series of educational podcasts.

Housing

Crisis

Telephone: 0300 636 1967

Email: enquiries@crisis.org.uk

What they offer: Support for people facing homelessness.

Shelter: <http://www.shelter.org.uk/>

Children and Young Adults

Young Minds

The UK's leading charity fighting for children and young people's mental health.

They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

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

Child and Adolescent Mental Health Services (CAMHS) – *research your local branch*

Telephone: 0300 777 0707(between 8am and 5pm)

Link: <https://www.hpftcamhs.nhs.uk>

What they offer: multi-disciplinary community clinic teams offering a range of evidence-based therapeutic interventions;

- Children Looked After Team (Targeted Team)
- Eating Disorders Team (EDT)
- Crisis Assessment and Treatment Team (CCATT)
- DBT team
- Forensic Adolescent Practitioner service
- Adolescent inpatient unit (Forest House)
- Home Treatment Team (HTT).

Every Mind Matters

What they offer: NHS website covering self-care and support for young people.

<https://www.nhs.uk/every-mind-matters/>

Be Headstrong

What they offer: Headstrong is a project led by Youthscape and supported by the Mind and Soul Foundation. This is connected to the local church support of young people. The website contains many videos and helpful information.

<https://www.beheadstrong.uk/about-us>

Childline

What they offer: NSPCC site. Childline counsellors are here to take calls 24 hours a day, 7 days a week from children and young people under 19.

Telephone: 0800 1111

<https://www.nspcc.org.uk>

MindEd

What they offer: MindEd is a free educational resource on children, young people, adults and older people's mental health

<https://www.minded.org.uk>

Students Against depression

What they offer: Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies and advice of students themselves – after all, who better to speak to their peers about how depression can be overcome?

<https://www.studentsagainstdepression.org>

Eating Disorders

Beat Eating Disorders

Beat provides Helplines for people of all ages, offering support and information about eating disorders no matter where you are in your journey. These Helplines are free to call from all phones.

www.Beateatingdisorders.org.uk

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

Tel:- 0808 801 0677

Email:- help@beateatingdisorders.org.uk

Transgender Support

Mermaids (Services for Parents)

<https://mermaidsuk.org.uk>

Telephone:- 0808 801400

What they offer: Mermaids provides a range of helpline services supporting transgender youth, up to and including the age of 25. They also support families and professionals. The helpline team offer emotional support, a gateway to the parents and young people's forums, information about current legislation and protections under the law, plus signposting to training and resources. Phone lines, webchat and email are covered by volunteers and staff between 9am and 9pm, Monday to Friday. If no one is available and the situation is urgent, there is a text chat service on the website 24/7 for crisis support.

Gendercare

<https://gendercare.co.uk>

- Contact details are individual clinicians.
- What they offer: GenderCare is not a clinic in the sense of being a single building or location or organisation. They are a network of individual specialist clinicians committed to providing excellent quality gender care. They are independent practitioners but are experienced at working with each other and with external providers, including your GP.

Children of Alcoholics

Nacoa (The National Association for Children of Alcoholics)

Link : <https://nacoa.org.uk>

Telephone: 0800 358 3456 (Helpline opening hours: Monday to Saturday 10am to 7pm)

Email:- helpline@nacoa.org.uk

A registered charity, founded in 1990 to address the needs of children affected by a parent's drinking or similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Self-Harm

Alumina (Previously Self Harm UK)

<https://www.selfharm.co.uk>

Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. They don't need an adult to refer them or sign them up.

Gambling

Betknow more

Betknowmore UK's mission is to address gambling related harm in UK communities. We are the leading provider of gambling support and training services. They are part of The National Gambling Support Network (NGSN) which is a group of organisations across Great Britain who provide free, confidential and personalised support for anyone who's experiencing problems from gambling, as well as those affected by someone else's gambling.

<https://www.betknowmoreuk.org>

Gambler's Anonymous

Telephone: 0330 094 0322

What they offer: Various help for the compulsive gambler including a Forum, Chat Room, Literature and of course most importantly a meeting finder. Meetings are the core of Gamblers Anonymous and they have meetings every day of the week throughout the UK.

Gamcare

Telephone: 0808 8020 133

Link: <https://www.gamcare.org.uk/>

National gambling helpline offers information, advice and support for problem gamblers, their families and friends. Helpline open 7 days a week 8 AM – Midnight.

Counselling, Talk Therapy & General Help Services

Mind - *Research your local branch*

What they offer: A community mental health charity that provides advice and support to anyone with mental health or emotional issue. They offer free counselling for local residents.

British Association for Counselling and Psychotherapy (BACP)

<https://www.bacp.co.uk>

The British Association for Counselling and Psychotherapy is the professional association for members of the counselling professions in the UK.

The website can help you find a registered therapist in your areas and for your needs. It also has information about counselling and what to expect.

Citizens Advice Bureau - *Research your local Branch*

What they offer: The Citizens Advice provide practical help and advice to residents suffering with mental health problems.

Addiction

Ad Fam: <http://www.adfam.org.uk/>

Addiction Helper: <http://www.addictionhelper.com/>

Alcoholics Anonymous <https://www.alcoholics-anonymous.org.uk>

Frank: <http://www.talktofrank.com/>

Gam Care: <http://www.gamcare.org.uk/>

Port of Call: <https://portofcall.com/>

Anxiety

Anxiety UK: <http://www.anxietyuk.org.uk/>

No Panic: <http://www.nopanic.org.uk/>

Tapping Solution <https://www.thetappingsolution.com>

Alzheimer's / Dementia

Alzheimer's Org <https://www.alzheimers.org.uk>

Dementia UK <https://www.dementiauk.org>

Age UK <https://www.ageuk.org.uk/services/in-your-area/dementia-support/>

Autism / ADHD

Autism Independent UK: <http://www.autismuk.com/>

The National Autistic Society: <http://www.autism.org.uk/>

ADD- vance. <http://www.add-vance.org>

Bereavement

Child Bereavement Network: <http://www.childhoodbereavementnetwork.org.uk>

Child Bereavement UK: <http://www.childbereavementuk.org/>

Cruse Bereavement Care: <http://www.cruse.org.uk/>

Grief Encounter: <http://www.griefencounter.org.uk/young-people>

Hope Again – Cruse Bereavement for Children: <https://www.hopeagain.org.uk>

Blue Cross Pet Bereavement <https://www.bluecross.org.uk/pet-bereavement-and-pet-loss>

Borderline Personality Disorder

BPD World: <http://www.bpdworld.org/>

Rethink: <https://www.rethink.org/>

Bipolar

Bipolar UK: <http://www.bipolaruk.org.uk/>

Rethink: <https://www.rethink.org/>

Bullying

Bullying UK: <http://www.bullying.co.uk/>

Kidscape: www.kidscape.org.uk

StopSpeakSupport: www.stopspeaksupport.com/

Carers

Carers Trust: <http://www.carers.org/>

Carers UK: <http://www.carersuk.org/>

Child Abuse

Cis'ters: <http://cisters.org.uk/>

Childline: <http://www.childline.org.uk/>

Help for Adult Victims of Child Abuse: www.havoca.org

Mankind: <http://www.mankindcounselling.org.uk/>

MOSAC: <http://www.mosac.org.uk/>

National Association for People Abused in Childhood: <http://napac.org.uk/>

Survivors UK: <https://www.survivorsuk.org>

Debt Management

Step Change: <https://www.stepchange.org/> Charity

National Debtline: <https://www.nationaldebtline.org/> Charity

The Money Advice Service: <https://www.moneyadviceservice.org.uk/en>

Enjoy Debt Management <https://www.enjaydebtmanagement.com>

Tel: 0800 612 7958

Enjoy advisors help manage your debts such as credit cards, tax, unsecured loans, store cards and overdrafts. Their aim is to give you peace of mind and help ensure that you are not alone in what can be a stressful situation. No obligation, free consultation.

OCD

OCD Action: 0845 390 6232 ocdaction.org.uk

Information and support for people with experience of OCD, and their friends, family and carers.

OCD-UK: 03332 127 890 ocduk.org

A charity run by people with OCD who campaign and can help with local support group information.

Rape Sexual Assault

Lifecentre: <http://www.lifecentre.uk.com/>
Rape Crisis: <http://www.rapecrisis.org.uk/>
Survivors Trust: <http://www.thesurvivorstrust.org/>

Relationships

Relate: www.relate.org.uk

Self-Harm

Self-Injury Support: <http://www.selfinjurysupport.org.uk/>

Sexuality and Gender

Beaumont Society: <http://www.beaumontsociety.org.uk/>
LGBT Foundation: <https://lgbt.foundation/>
Stonewall: <http://www.stonewall.org.uk/>

Voices

Hearing Voices Network: <http://www.hearing-voices.org/>

Reading Well

Link: <https://reading-well.org.uk/>

Provides books to help you understand and manage health and wellbeing using helpful reading.

Social and Recreational

Andy's Man Club: .

ANDYSMANCLUB has over 120 free support groups nationwide, running every Monday from 7PM except bank holidays. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. Our clubs are designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.

<http://andysmanclub.co.uk/>

Men in Sheds

Research your local Branch

Our Shed works on the NHS 5 steps to Mental Wellbeing these are: Connect, Be Active, Keep Learning, give to others, be Mindful. As long as projects encompass the first four, we will supply teaching for the last (being Mindful). Please get in touch for more details.

Contact: Peter Lowe

Phone: 07941 660417

Email: hatfieldmen@outlook.com

Talk Club

Talk Club is a UK male mental health charity helping men to improve their mental health. We prefer to call it mental fitness because our talking groups actively help men to understand how they're feeling by asking 'How are you? Out of 10?' then explaining why. It helps to build resilience, and the numbers prove it.

<https://talkclub.org>

Frazzled Cafe

Frazzled Cafe meetings provide a place where people who are feeling frazzled can meet to talk and share their stories. We have three types of Frazzled Cafe meetings:

- A large meeting with Ruby Wax, usually held three times a week, for around 100 people, and which lasts for an hour.
- Our Facilitator meetings are held most days of the week for around 17 people and last for an hour.
- Our Host meetings are held every day and are for around 15 people, and last for 45 minutes.

Frazzled Cafe meetings are not about therapy or offering solutions. They provide a safe and confidential space where people can speak openly without worrying about judgement amongst a group of peers who understand how it feels to be frazzled.

<https://www.frazzledcafe.org>

Sport for Confidence

Link: <https://www.sportforconfidence.com>

- Sport for Confidence is a unique, award-winning pioneering organisation, driving the provision of inclusive sporting opportunities in mainstream leisure facilities. People come to Sport for Confidence sessions to experience the physical, mental and social benefits of activity and exercise, all sessions are active, fun and accessible.
- Sport for Confidence programmes place health professionals and specialist coaches into leisure centres, to provide inclusive sporting opportunities to people who face barriers to participation, including those with learning disabilities, mental health issues, dementia, autism, physical impairment or disability, homelessness, and many other complex health needs.
- The role of the health professional and sports coaches ensure the environment is accessible and sessions are adaptive, making reasonable adjustments and breaking down barriers to ensure that a person's first experience is a positive one.
- Attendance at Sport for Confidence promotes independence, improves confidence and self-esteem to support individuals to gain the full physical and mental benefits of physical activity. The role of the allied health professional also offers the chance to signpost clients to relevant support services in the health, sport and leisure sector.

Other Therapies to consider

List alternative therapies you consider will help.

Support for New Dads

It's the essential guide for new dads, developed with the NHS. As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The DadPad can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life. Reduce your own anxiety by getting involved and gaining in confidence

Learn how to create a strong bond and healthy attachment with your baby

Build stronger family relationships by sharing the load and learning how to parent together

Recognise the signs of postnatal depression in both you and your partner and learn how to get help early.

<https://thedadpad.co.uk>

Employment & Volunteering

- List local Volunteering opportunities e.g.

Ways into Work

Telephone: 0300 561 0010

Link: www.waysintowork.com/

What they offer: Ways in Work provides employment support to adults with a mental health need. They offer a supported employment service which help people with mental health needs to achieve long-term employment.

Education

Recovery Colleges

Recovery Colleges are set up by individual NHS Trusts to offer free educational courses on mental health and recovery. The focus is on empowering people to become experts in their own mental health and wellbeing. A wide range of courses are open to anyone with an interest in mental health issues. Each course is co-delivered by a tutor with lived experience of a mental health condition and a professional trainer. Google Recovery College and your local area to find your nearest College, enrol, and download a course prospectus.

Examples - London, Essex, Herts, and Cambridge Recovery Colleges include:

Cambridge Recovery College

T 01223 227510

E recoverycollegeeast@cpft.nhs.uk

Link; <https://www.cpft.nhs.uk/recovery-college-east>

New Leaf Wellbeing College (Hertfordshire)

Telephone: 01442 864966

Email: info@newleafcollege.co.uk

Link: <https://www.newleafcollege.co.uk>

REACH South East Essex Recovery College

<https://www.trustlinks.org/reach-recovery-college/>

Camden & Islington Recovery College

Telephone: 0203 317 6904

Link: <https://www.candi.nhs.uk/our-services/education-and-employment/recovery-college>

Waltham Forest Recovery College

Telephone: 0300 300 1546

Link: <https://www.nelft.nhs.uk/waltham-forest-recovery-college/>

APPS - Examples

Construction Industry Helpline



This free app is delivered and supported by the Lighthouse Construction Industry Charity. It provides information, advice and guidance on several well-being topics. The app focuses on preventative tools and building resilience within the four areas of need: mental health, physical health, financial health and social health.

Who needs the app?

We recognise that not everyone feels comfortable talking about their feelings or personal situation, so the app is aimed at construction workers who would like to find out more information about how they can perhaps help themselves or if necessary, take the next step in seeking professional help. It is a preventative tool and aims to provide support at the initial stages of a situation so that the problem does not reach a life critical stage.

How will the app help?

Users will initially be guided through a series of questions to help gain a basic understanding of what their issues are. Depending on the answers provided by the user, the app will:

- Offer learning: Give detailed information about various well-being conditions from reliable expert sources.
- Assess: Provide an assessment tool to help the user understand what is normal and what is not for each condition
- Provide tools: Describe a variety of self-help tools and offer easy to use coping strategies that will help users to be proactive in relieving the signs and symptoms of many of the conditions.
- Guide: The app will help the user gain confidence about a condition to the extent that they may feel comfortable talking about it.
- Benefits: The app helps cut through the amount and complexity of information about welfare and well-being topics and delivers a refined list of contacts for accessing ongoing support

Mental Health Crisis App

Stay Alive



Suicide prevention app offers help and support both to people with suicidal thoughts and people concerned about someone else. Features quick access to national crisis support helplines and suicide bereavement resources.

Wellness and Recovery Self Help App - WRAP



Wellness Recovery Action Plan app to identify triggers for mental health issues, create a crisis plan, and develop your own toolkit to stay well.

Mindfulness and Meditation Apps

Headspace



The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day.

Calm



Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you.

Ten Percent Happier



Want to sleep better, find relaxation, be more mindful and, well, ten percent happier? This is the app for you. Ten Percent Happier has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go. New content is added weekly, so you’ll never tire of having to do the same meditative practice again and again.

CBT Thought Record Diary



The centre piece of cognitive-behavioural therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyse flaws in your thinking, and re-evaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

Mind Shift



Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

Self-Help for Anxiety Management (SAM)



SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.

PTSD Coach



Created by the VA's National Centre for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.⁴

Recover Me Gambling Addiction



This app was designed with the help of psychologists, psychiatrists and others suffering from this addiction. There are six easy to follow cognitive behavioural therapy (CBT) sessions to empower you to overcome this addiction. There are a number of sessions that have been developed to encourage you to focus on the present moment. The diary will improve your self-awareness and allow you to monitor your progress through this journey. This is a way for you to connect with others embarking on a similar journey or other organisations that may be helpful. This provides you with strategies to better manage your urges to gamble when you experience them in real time.



Calm Harm is a free app that helps you manage or resist the urge to self-harm. Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, using principles from evidence-based Dialectical Behaviour Therapy (DBT). The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help. The app is private, anonymous, and safe.



What's up is an free app that uses Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with depression, anxiety, stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. A good part of it is the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues.

The following link to the CAMHS website gives details of many more Apps that are available for adults and young people.

<https://www.camhs-resources.co.uk/apps-1>