



Information and resources for young people and professionals

Useful Websites

Websites for young people

www.youngminds.org.uk

Here you will find a lot more information on specific mental health issues, including signs and symptoms and how to access support. This can also be a fantastic one to direct young people to as well as parent and carers.

www.selfharm.co.uk

This is for young people and can give them information about understanding self-harm.

www.youngpeoplecornwall.org.uk

Here you can find details of Young People Cornwall projects, but for specific information about session times please advise young people to have a look at the YPC Facebook/Twitter pages.

KOOTH

Through Kooth, young people in Cornwall have access to a free counselling service. The service will offer face-to-face counselling through young people's centres and some schools across Cornwall. It also includes a free online counselling and support service provided via Kooth.com's website staffed by a team of qualified counsellors.

<http://cornwall.childrenguidancedirectory.org.uk/kb5/cornwall/fsd/organisation.page?id=pRQGVkRCyGc>

YZUP

We are the young person's drug and alcohol service for Cornwall and the Isles of Scilly.

We work with young people from 11 to 19 who are at risk of developing or experiencing problems with their substance use.

<http://addaction.org.uk/landing.asp?section=709§ionTitle=YZUP++Cornwall>

YAY

YAY is a weekly youth group for young people from the Lesbian, Gay, Bisexual, Transexual and Questioning (LGBTQ) community aged 11-25.

<http://www.lgbtqyouthcornwall.co.uk/>

ChildLine

0800 1111

This is a free and confidential service - the number will not appear on phone bills

<http://www.childline.org.uk/Pages/Home.aspx>



The Calm Harm app is designed to help people resist or manage the urge to self-harm. It is based on the principles of dialectical behavioural therapy.



STAY ALIVE

The Stay Alive app provides help and support to people with thoughts of suicide and to those concerned about someone. Key features consist of: access to national crisis support helplines, 'my safety plan' and self-help exercises to help people manage their thoughts and feelings.



The SAM app is designed to help people understand what causes their anxiety, monitor anxious thoughts and behaviour over time and manage anxiety through self-help exercises and private reflection. There is a 'social cloud' feature that enables you to share your experiences.



The Headspace app teaches classic meditation and relaxation techniques to help people manage their stress and anxiety. There is a section specifically for sleep which includes: sleep meditations, sleep sounds and sleepcasts designed to guide people to a place of rest.

The Clear Fear app uses evidenced-based treatment CBT (cognitive behavioural therapy) to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well changing thoughts and behaviours and releasing emotions.



The Woebot app uses tools from CBT (cognitive behavioural therapy) to think through situations and master skills to reduce stress and challenges. This includes: depression, anxiety, relationship problems, procrastination, loneliness, grief, addiction, pain management and more!



The Smiling Mind app teaches mindfulness meditation to assist people in dealing with the pressure, stress and challenges of daily life.

IT'S OKAY TO
NOT BE OKAY