

Info, Apps, Websites and Helplines for Parents

Depression:

www.cwmt.org.uk

A charitable trust with a vision where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it – lots of free resources.

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

A charity that is a safe place to talk via website or Call: 116 123

Anxiety:

Leaflet: Simple Ways to Calm anxious thoughts and feelings:

http://www.cypsomersethealth.org/resources/EHWP/self_harm_information_sheets/Simple_Ways_to_Calm_Anxious_Thoughts_and_Feelings.pdf

SAM App: <http://sam-app.org.uk/>

SAM is an application to help you understand and manage anxiety.

MindShift App: <https://www.anxietybc.com/>

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

Self-Harm:

Leaflet: Self harm – what to say and what not to say:

http://www.cypsomersethealth.org/resources/EHWP/self_harm_information_sheets/Self-harm_%E2%80%93_what_to_say_and_what_not_to_say.pdf

Leaflet: Healthy coping strategies:

http://www.cypsomersethealth.org/resources/EHWP/self_harm_information_sheets/Healthy_coping_strategies.pdf