

Useful websites



➔ **Young Minds**
www.youngminds.org.uk
Information and resources on mental health issues and well-being for young people, parents and professionals.

➔ **Mind Out**
www.mindout.org.uk
Mental health information and support on line run by and for lesbians, gay, bisexual, trans and queer people.

➔ **Life Signs**
www.lifesigns.org.uk
Information and support from a user - led charity to create understanding about self-harm.

➔ **Kooth**
www.kooth.com
Free, safe and anonymous on line mental health support young for people.

➔ **Nightline**
www.nightline.ac.uk
A listening service for students provided by trained student volunteers.

➔ **Talk to Frank**
www.talktofrank.com
Facts, support and advice on alcohol and drugs today.

➔ **DOCREADY**
www.docready.org
Prepares young people for their first visit to a GP about mental health and well-being.

For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:
Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

Streetwise

YOUNG PEOPLE'S PROJECT

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SCAN ME

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Therapy Bytes: Feeling 'Appy



Streetwise

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We've been trawling the internet for the best apps and websites to help with stress, anxiety, low mood, self harm and those to boost general resilience and motivation. **Here's our top picks to get you started ...**



Calm Harm

provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors.



Google Play



IOS



Move Mood

helps you improve your mood by encouraging you to increase your motivation to move forward, take control and feel positive.



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SAM

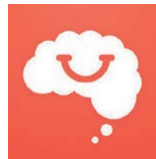
provides a range of self-help techniques organised into several main well-being themes, with tools for recording and monitoring changes in your well-being.



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Smiling Mind

is a tool developed by psychologists and educators to help bring balance to your life and practise daily mindfulness and meditation.



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StayAlive

is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.



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SuperBetter

builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges.



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Clear Fear

uses CBT to focus on learning to reduce the physical responses to threat by learning to breathe and relax, as well as changing thoughts and behaviours.



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Action for Happiness

gives users a couple of friendly "nudges" each day - positive action in the morning and an inspiring message towards the end of the day.



Google Play



IOS

