

## Self Help

Young Minds Crisis Messenger Service - This is a FREE 24/7 text service- Text 'YM' TO 85258 for support if you are experiencing a mental health crisis. Texts are answered by trained volunteers, with support from experienced clinical supervisors.

Childline – Private and confidential service for children and young people up to the age of 19. Contact: 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)

Samaritans – Confidential support service for helping people to explore their options, understand their problems better or just be there to listen.

Contact: 116 123 (24/7 number) Email: [jo@samaritans.org](mailto:jo@samaritans.org) Visit: [www.samaritans.org](http://www.samaritans.org)

SANE- Runs a national, out of hours' mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Contact: 0300 304 7000 (16.30 - 22.30, 7 days a week)

Young Somerset - Largest youth work charity in Somerset

[www.youngsomerset.org.uk](http://www.youngsomerset.org.uk)

PAPYRUS - National charity dedicated to the prevention of young suicide

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Kooth - Free, safe and anonymous online support for young people

[www.kooth.com](http://www.kooth.com)

Family Counselling Trust – Subsidised counselling for children, young people (up to 18) and families.

[www.familycounsellingtrust.org](http://www.familycounsellingtrust.org)

BACP- British Association for Counselling and Psychotherapy

[www.bacp.co.uk](http://www.bacp.co.uk)

Somerset Children and Young People Health and Wellbeing - to improve the health and wellbeing of children and young people in Somerset.

[www.cypsomersethealth.org](http://www.cypsomersethealth.org)

MindEd - e-learning to support healthy minds

[www.minded.org.uk](http://www.minded.org.uk)

Counselling 4 Yeovil - Affordable Professional Counselling

[www.counselling4yeovil.org.uk](http://www.counselling4yeovil.org.uk)

Helpful Apps

### **Stay Alive**

Suicide prevention resource for the UK, packed full of information and tools to help you stay safe in a crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

### **Calm Harm**

Provides tasks that help you resist or manage the urge to self-harm. Private and password protected.

### **Smiling Minds**

Unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

### **SAM**

An app to help you understand and manage anxiety.

### **MindShift**

An app designed to help teens and young adults cope with anxiety.

### **Headspace**

Meditation made simple.

### **Calm**

Relax with Calm, a simple mindfulness meditation app