



North Tyneside Council

healthwatch
North Tyneside



Thank you to; Alannah Daly, Ash Gray, Emma Burgess, Jacob Walker, Niamh Hughes and Paige Tallen for designing the leaflet and other young people from; Phoenix Detached Youth Project, The Base Barnardos and North Tyneside Council's Participation team for their suggestions. Thank you as well to Launchpad North Tyneside for their support throughout the process and to Healthwatch North Tyneside for funding the printing costs.



Apps



Helpline



Face to face



Website



Text



Calm Harm



Help to manage feelings of distress and urges of self-harm through distraction.



SAM



Anxiety management through recording anxiety levels and triggers.



Year in Pixels



Allows you to record your mood and review.



Doc Ready



www.docready.org

Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health. Provides a checklist.



Daylio



Mood and activity tracker and journal.



Stay Alive



Suicide prevention to help you/someone else keep safe.



Headspace



www.headspace.com

Guided mediation. Hundreds of themed sessions e.g. stress, sleep, focus and anxiety. SOS exercises in case of sudden meltdowns



Get Self Help



www.getselfhelp.co.uk

Self help videos, information sheets and solutions.



Pacifica



Help to manage low mood, anxiety and stress.



Stop, breathe and think



Meditation and mindfulness to improve emotional strength and confidence.



Youper



www.youper.ai

Helps you monitor and take control of your emotional health.



Kooth



www.kooth.com

Anonymous and safe support on a range of issues. Counsellors available as well as articles written by other young people and moderated chat rooms.



Rise up + Recover



An eating disorder monitoring and management tool.



Super Better



Increases resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.



7 cups



www.7cups.com

Chat rooms and forums available on many issues like depression, anxiety, relationships, LGBTQ+ and more.

Get plenty of sleep

Get a hug

Listen to music

See your friends

Exercise

Drink water



Read a book or magazine

Write a journal

Take slow mindful breaths

Sing and dance

Look at happy photos

If you are concerned for your immediate safety or someone else's ring 999.

If you are in crisis the Samaritans are available 24 hrs a day, seven days a week, free from any phone on 116 123. They offer; a confidential service, they will listen to you, won't judge you or tell you what to do.

If you are a young person and feel you need professional support through CAMHS (Child and Adolescent Mental Health Service) contact your; GP, Teacher or another trusted professional about being referred.

If you are suffering with your mental health please confide in a trusted adult.

 NHS Moodzone  www.nhs.uk/ conditions/stress-anxiety-depression Tips and advice on how to boost your mental health, self-help and treatments and other support.	 Reach Out  au.reachout.com Australian website provides information, support and resources about mental health issues to enable young people to develop resilience, increase coping skills, and facilitate help-seeking behaviour.	 Self Harm UK  www.selfharm.co.uk Dedicated to young people who self harm.	 Voice Collective  www.voicecollective.co.uk Supports children and young people who hear voices, see visions, have other 'unusual' sensory experiences or beliefs.
 Young Minds  www.youngminds.org.uk Information on a wide range of mental health issues and young people's experiences.	 Childline  www.childline.org.uk Tel: 0800 1111 Information and support on any issue impacting on a young person's life.	 NHS 111  www.111.nhs.uk Tel: 111 Symptom support online and get advice on where and when to get support or a call from a nurse if you can't get to a GP.	 The Mix  www.themix.org.uk Tel: 0808 808 49 94 Support on a wide range of issues.
 Chat Health	 Streetwise  www.streetwisenorth.org.uk Provides a range of confidential health and wellbeing support services for young people aged 11-25 years. Based in Newcastle City Centre	 Cruse Bereavement Care  www.cruse.org.uk Support, advice and information when someone dies and on bereavement grief.	 Acorns  www.acornsproject.org.uk Recovery and support services for children and young people affected by domestic abuse. Based in North Tyneside.
 The Base, Barnardos  Tel: 0191 253 2127 Email: thebaseproject@barnardos.org.uk Based in Whitley Bay, working with young people aged 10-25 from North Tyneside and Tyne & Wear. Provide a duty service offering information, advice and guidance, groupwork programmes including LGBTQI+.	 Helping Hands Partnership between Phoenix Detached Youth Project and Connexions North Tyneside Tel: 0191 258 5806 Mental health and emotional well being support for young people aged 12-25 years in North Tyneside. Young people need to be referred.	 Phoenix Detached Youth Project www.pdyp.org Tel: 0191 258 5806 One to one support and group work for young people aged 12-25 years in the Riverside and Chirton area of North Tyneside.	 Some One Cares www.someonecares.org.uk Some One Cares provides counselling support to survivors of abuse and their supporters. We work with anyone regardless of gender from 11 years old. Based in North Tyneside.