



North East Hampshire: Aldershot, Fleet, Farnborough and Yateley (Updated May 2022)

**Looking after your mind as well as your body is really important.**

There are resources available to help children and young people look after their mental health. In this guide we list some of the best self-help websites and apps out there – they are all free and trustworthy.

If you do need more help, you are not alone – we've included information about a range of national helplines and local services that you can turn to.



### Helpful websites – mental health in general

These resources contain lots of good tips on looking after your mental health that you can try out straight away.

Anna Freud	A complete A-Z of strategies and activities to help you look after your emotional wellbeing.	<a href="#">click here</a>
Every Mind Matters	Self care videos and tips for taking care of your mental health	<a href="#">click here</a>
YoungMinds	Information about coping with mental health issues, including feelings and symptoms, looking after yourself and how to get help.	<a href="#">click here</a>
The Children's Society	Advice on issues that may be worrying young people. Includes a mental health and wellbeing A-Z, and activities to help manage stress, deal with anger, build a routine.	<a href="#">click here</a>
Childline's Calm Zone	Features lots of breathing exercises, activities, games and videos to help you let go of stress.	<a href="#">click here</a>

**Always make sure to keep yourself safe whilst online.**

Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information.

## Self-help mental health apps

There are plenty of excellent apps that can help with managing your emotional wellbeing and mental health – here are some suggestions to get you started. Although these apps can be useful, they are not a replacement for seeking professional advice or support. If you have concerns about any symptoms you are experiencing see the sections on confidential national helplines and local services below.



### Catch It

Learn to manage negative thoughts and look at problems differently

Cost: Free Age: 12 +



### eQuoo

Use choose-your-own adventure games to improve your emotional fitness

Cost: Free Age: 12 +  
(contains in-app purchases)



### Chill Panda

Use breathing techniques to help you relax more, worry less and feel better

Cost: Free Age: 6 +  
(contains in-app purchases)



### WorryTree

Record, manage and problem solve your worries with this easy-to-use app

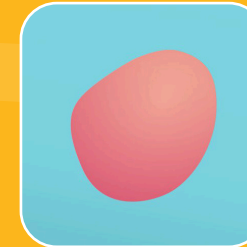
Cost: Free Age: 4 +  
(contains in-app purchases)



### Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and reframe negative thoughts

Cost: Free Age: 4 +  
(contains in-app purchases)



### Cove

Create music that reflects your mood to help you express how you're feeling

Cost: Free Age: 4 +



### ThinkNinja

Skills to help you deal with anxiety and low mood and feel healthier and happier

Cost: Free\* Age: 10-18  
(\*Free during the coronavirus pandemic)



### Calm Harm

A password-protected app that helps you resist or manage the urge to self-harm

Cost: Free Age: 12 +



### MeeTwo

A safe forum for young people to share experiences and ask advice anonymously

Cost: Free Age: 13 +



Whilst all of the apps listed here are free to download, please be aware that some include extra in-app purchase options.

## National helplines

Here is a list of national helplines where you can go if you're looking for additional support or information. You can talk to someone who is trained to listen and support you over the phone or by text, webchat or email. All these services are free and confidential and won't show on your phone bill.

### Beat

call: 0808 801 0711  
visit: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
email: [click here](#)  
web chat: [click here](#)

Beat offers a non-judgemental space to share feelings and thoughts around eating disorders. They can also provide information or support to explore options for help. The helpline and web chat is available 9am–8pm on weekdays and 4pm–8pm on weekends and bank holidays.

### Childline

call: 0800 11 11  
visit: [www.childline.org.uk](http://www.childline.org.uk)  
email: [click here](#)

Anyone aged 19 or under can speak to a Childline counsellor by phone or online about anything that is worrying them 24 hours a day, 7 days a week. You can also login on the Childline website to send an email and a counsellor will try to reply within 24 hours.

### Boloh

call: 0800 1512605  
visit: [www.barnardos.org.uk](http://www.barnardos.org.uk)  
email: [click here](#)

The Black, Asian and Minority Ethnic family Covid-19 Helpline. Free emotional support and practical advice from Barnardo's for a child or young person aged 11+. Also available in multiple languages. You can talk weekdays 10am–8pm and weekends 10am–3pm.

### The Mix

call: 0808 808 4994  
visit: [www.themix.org.uk](http://www.themix.org.uk)  
email: [click here](#)  
web chat: [click here](#)

Offers a phone helpline and 1-2-1 webchat service; both are open every day 3pm to 12am. Also offers a free telephone counselling service.

### Papyrus HOPELINEUK

call: 0800 068 41 41  
visit: [www.papyrus-uk.org](http://www.papyrus-uk.org)  
text: 07860 039967  
email: [click here](#)

Confidential advice for under-35s at risk of suicide and others who are concerned about them. Advisors are trained to provide help focused on staying safe from suicide. Opening hours for the phone helpline and text service are 9am to midnight every day, including weekends and bank holidays.

### Samaritans

call: 116 123  
visit: [www.samaritans.org](http://www.samaritans.org)  
email: [click here](#)

The phone helpline provides 24/7 emotional support for anyone feeling down, experiencing distress or struggling to cope. There is also an email service (they aim to respond to emails within 24 hours).

### Shout

visit: [www.giveusashout.org](http://www.giveusashout.org)  
text: Text SHOUT to 85258

The UK's 24/7 text service for anyone in crisis, anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.



## Local services

Across East Berkshire a range of organisations offer support and treatment for children and young people experiencing mental health difficulties.

During the coronavirus (COVID-19) crisis, our providers are doing everything they can to keep services running while also keeping everyone safe.

You can still get help if you need it, even though some services may be delivered differently, for example by phone or video link.



**Youth counselling services** - Counselling is about sharing your thoughts and feelings with a trained counsellor in a safe and confidential setting.

### Kooth

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

For young people aged 11-25

Free, safe and anonymous online support. Live webchats with a qualified counsellor are available 12 noon–10pm on Monday to Friday and 6pm–10pm at the weekend. Kooth also has live forums, information and advice.

### Hampshire CAMHS

[click here](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing. The site has been updated to include a detailed section on Covid 19, as well as signposting and tips for young people/parents/carers and professionals.

For all new referrals, please complete the [online referral form](#).

If you are waiting to hear about your first appointment and things are getting worse or you are worried that you haven't heard, please phone **0300 304 0050** Monday to Friday 9am to 5pm. Outside of these hours, if you need urgent help please contact 111, where our Paediatric Mental Health Practitioners will be able to help you.

### No Limits Safe Haven

visit: [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

Providing a safe space for children and young people aged 10-17. No Limits offers out of hours emotional and practical support with your mental health in a confidential, friendly and supportive environment. Currently providing an online, telephone and face-to-face service (by appointment only).

### Hampshire Counselling services

visit: [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

call: 02380 224224

For young people aged 14-17

visit: [www.hampshireryouthaccess.org.uk](http://www.hampshireryouthaccess.org.uk)

call: 02382 147755

For young people 5-17

These Hampshire wide counselling services allow young people an opportunity to talk to a trained person in confidence, about anything of worry or concern. Counsellors are trained to listen to young people's issues and worries without judgement and without telling them what to do. The services offer face to face, online and telephone and group sessions depending choice and need.

**For 11 - 17 year olds experiencing mental health crisis call Freephone 0300 303 1590 Monday - Thursday 3pm - 8:30pm, including bank holidays. Outside these hours you can call 111 24 hours a day**