



Surrey Heath and Farnham (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.	click here
Every Mind Matters	Self care videos and tips for taking care of your mental health	click here
YoungMinds	Information about coping with mental health issues, including feelings and symptoms, looking after yourself and how to get help.	click here
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.	click here
Childline's Calm Zone	Features lots of breathing exercises, activities, games and videos to help you let go of stress.	click here

Always make sure to keep yourself safe whilst online.

Visit www.saferinternet.org.uk and 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
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
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
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
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
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
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.giveushout.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 Surrey Heath and Farnham 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

For young people aged 11-18

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.

Mindworks Surrey

[click here](#)

The Mindworks Surrey service is being delivered by a new alliance of organisations (NHS and national and local voluntary sector) working together to provide a new range of services for children and families.

If you want to request support, a few of their services welcome direct requests for support. They are listed [here](#).

However, most requests for support (they used to call these referrals) come to them via their Access and Advice service. Requests for support are usually made by a health, education or social care practitioner, for example a GP or teacher, so a good place to start is a visit to your doctor or a chat with a trusted teacher. All children and young people need to be registered with a GP in Surrey .

To make a request for support:

Call Access and Advice on 0300 222 5755,
8am to 8pm, Monday to Friday and 9am to 12pm, Saturday.
The service is not open on bank holidays.

Safe Havens

visit: www.cyphaven.net

For young people aged 10-18
from Surrey Heath and Farnham

visit: www.nolimitshelp.org.uk

For young people aged 10-17
from Farnham

Safe havens provide a safe space for children and young people, offering out of hours emotional and practical support with your mental health in a confidential, friendly and supportive environment.

**If you need urgent help call our
Mental Health Crisis Helpline on: 0800 915 4644
Textphone: 18001 0800 915 4644
or SMS text: 07717 989 024
Available 24 hours a day, 365 days a year.**