



## Useful Websites and Apps

Service	Contact
<p><b>Big White Wall</b></p> <p><i>Commissioned by over 150 organisations globally, they are an online service providing access to millions with anxiety, depression and other common mental health issues.</i></p>	<p><a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a></p>
<p><b>Samaritans</b></p> <p><i>Samaritans are there, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.</i></p> <p><i>Samaritans is not only for the moment of crisis, they're taking action to prevent the crisis.</i></p> <p><i>They give people ways to cope and the skills to be there for others. And they encourage, promote and celebrate those moments of connection between people that can save lives.</i></p>	<p><a href="https://www.samaritans.org">https://www.samaritans.org</a></p>
<p><b>Mind</b></p> <p><i>Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.</i></p>	<p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p>
<p><b>NHS</b></p> <p><i>Confidential help and advice</i></p> <p><i>It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.</i></p> <p><i>Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.</i></p>	<p><a href="https://www.nhs.uk/">https://www.nhs.uk/</a></p> <p><a href="https://chathealth.nhs.uk/">https://chathealth.nhs.uk/</a></p>



### **Papyrus**

*PAPYRUS are the national charity dedicated to the prevention of young suicide.*

*They exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.*

<https://papyrus-uk.org/>

### **Shout UK**

*Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.*

<https://www.giveusashout.org/>

### **Action for Happiness**

*Action for Happiness helps people take action for a happier and more caring world. Our patron is The Dalai Lama and our members take action to increase wellbeing in their homes, workplaces, schools and local communities.*

<https://www.actionforhappiness.org/>

### **HeadFIT**

*Mental fitness is all about the good management of good mental health. HeadFIT for Life helps defence people stay mentally fit and on top of their game...at work and at home.*

<https://headfit.org/tools/de-stress/>

### **Healthy Minds Innovation**

*They are committed to bringing the gift of well-being to as many people as possible so that they can do our small part during this crisis.*

<https://hminnovations.org>

### **Prevent Suicide**

*The Stay Alive app is a suicide prevention resource for the UK, packed full of useful*

<https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>



*information and tools to help you stay safe in 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.*

*In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox. Here you can store photos and memories that are important to you.*

*You can also read the strategies for staying safe or explore the tips on how to stay grounded when you are feeling overwhelmed. Try the guided-breathing exercises, and support your wellness by creating your own interactive Wellness Plan.*

*The app links you directly to local and national crisis resources, so you will not need to carry around slips of paper with contact details on – it's all stored there within the app. If the resource is not listed, simply add in your own.*

## Support with Grief:

Resource	Further Information
<p><b>Help Guide</b></p> <p>Help Guide is a non-profit mental health and wellness website. Our mission is to provide empowering, evidence-based information that you can use to help yourself and your loved ones.</p>	<p><a href="https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm">https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm</a></p>
<p><b>NHS</b></p> <p>Guidance and support on Grief after bereavement or loss</p>	<p><a href="https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/">https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/</a></p>



### **Cruse Bereavement Care**

Cruse Bereavement Care was founded in 1959 in Richmond upon Thames and is the leading national charity for bereaved people in England, Wales and Northern Ireland.

<https://www.cruse.org.uk/get-help/about-grief>

### **Winston's Wish**

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.

<https://www.winstonswish.org/>

## **Other Useful Websites**

[Young Minds](#)

[Beat Eating Disorders](#)

[Childline](#)

[NHS Mental Health and Wellbeing](#)

[Mental Health Foundation](#)

[Children & Young People's Services \(CAMHS\)](#)

[On Your Mind](#)