

## Websites, Apps and Helplines

Information and self help guides on different mental health presentations

- <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/depression>

CBT self help and therapy resources including worksheets and information sheets

- <https://www.getselfhelp.co.uk/depression.htm>

Northumberland, Tyne and wear have produced a number of self help leaflets available in audio and written versions

- <https://web.ntw.nhs.uk/selfhelp/>

Wessex resources for parents and healthcare professionals

- <https://what0-18.nhs.uk/popular-topics/mental-health>

Reading Well supports you to understand and manage your health and wellbeing using helpful reading

- <https://reading-well.org.uk/>

Young Minds is a national charity supporting children and young people's mental health. Information on different conditions as well as ideas on how to look after your mental health

- <https://youngminds.org.uk/>
  - <https://youngminds.org.uk/find-help/>
  - [https://youngminds.org.uk/find-help/conditions/depression/?gclid=EA1a1QobChM1p96w8Zfq6A1VA7d3Ch2r5QgSEAAyIAAEgLOtFD\\_BwE](https://youngminds.org.uk/find-help/conditions/depression/?gclid=EA1a1QobChM1p96w8Zfq6A1VA7d3Ch2r5QgSEAAyIAAEgLOtFD_BwE)

Childline is a free and confidential service where you can talk about anything

- <https://www.childline.org.uk/> Childline Helpline – 0800 111
- <https://www.childline.org.uk/toolbox/videos/depression/>

Recommended apps assessed by NHS standards

- <https://www.nhs.uk/apps-library/category/mental-health/>

Self care suggestions from young people

- <https://www.annafreud.org/on-my-mind/self-care/>

WellMind is a free NHS mental health and wellbeing app which is designed to help with stress, anxiety and depression

Stem4 is a charity promoting positive mental health in teenagers as well as building resilience via online resources

- [www.stem4.org.uk](http://www.stem4.org.uk)

## Direct Support

GP's

School Emotional Literacy Support Assistants (ELSA's) or School Pastoral Support Teams – speak with your School or College

Southampton Healthy Ambitions Service – Public Health Nurses

- <https://what0-18.nhs.uk/solent/school-nursing>

Southampton Healthy Ambitions Service – Emotional Health and Wellbeing (EHWB) Workers (11-19 yrs Term Time only) – referral via school support teams or contact No Limits to self-refer:

- <https://nolimitshelp.org.uk/get-help/southampton-healthy-ambition-sha/>

Education Psychology (referral via school)

- <https://www.southampton.gov.uk/schools-learning/support-education/education-psychology.aspx>

## Parent/Carer Support

Re:Minds is a parent led support group for parents and carers of children and young people with autism and/or mental health difficulties.

- <https://www.reminds.org.uk/>

Young Minds Parent Helpline

- 0808 802 5544

Southampton Parent Carer Forum

- <https://www.sotonpcf.org.uk/>

MindEd is a free educational resource on children and young people's mental health for all adults

- <https://www.minded.org.uk/>

CombinedMinds App provides psycho education for parents, families and friends on young people's mental health

## GETTING HELP

### Websites, Apps and Helplines

- <https://www.kooth.com/> Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
- MoodTools App - designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.
- IN HAND App – this app allows you to focus yourself in a moment of stress or low mood. Once the app knows how you are feeling it will take you through simple steps to help you, be you.
- [www.themix.org.uk](http://www.themix.org.uk) - If you're under 25 you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counseling service, or get more information on support services you might need. Free phone: 0808 808 4994 (1pm - 11pm daily)
- The Think Ninja App is for young people aged from 11 - 17. It is able to provide mental health and emotional wellbeing support through a variety of different in app approaches.
- Headspace: Meditation & Sleep App

### Books

- Starving the Depression Gremlin: A CBT Workbook on Managing Depression for Young People *Kate Collins-Donnely*
- Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression *David Veale and Rob Wilson*
- Getting through Depression with CBT: A Young Persons Guide *Alice Farrington and Louise Dalton*

### Direct Support

- No Limits Primary Mental Health Workers – Referrals via EHWB Workers or CAMHS West SPA on 023 8103 0061
- No Limits Counselling Service, the service offers both online and face to face options. To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk) Alternatively go to <https://nolimitshelp.org>
- Counselling services employed directly by schools. This availability varies between schools – please speak with your own school or College provider.
- Southampton City Directory of Services and Support provides details on services within the area that provide different levels of support and intervention - [https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs\\_southampton\\_city\\_directory\\_of\\_services\\_and\\_support\\_v2\\_1.pdf](https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs_southampton_city_directory_of_services_and_support_v2_1.pdf)

## LOW MOOD & DEPRESSION RESOURCES FOR YOUNG PEOPLE, PARENTS/CARERS AND PROFESSIONALS (CAMHS West)

Sadness or low mood which is not particularly persistent and may come and go. May be coupled with feeling tired and unmotivated.

Low mood which is persisting and having an impact on a young person's ability to engage in daily activities. Might be seen in irritable mood swings, eating less or overeating, difficulty sleeping or isolating self from friends, family and activities (not an exhaustive list of symptoms). May also be some self harm and/or suicidal thinking.

Low mood which is persistent despite other interventions/self help strategies and is having a significant impact upon a person's ability to engage in daily activities. This may be seen in withdrawal from activities, feeling irritable and intolerant of others, tearful and feelings of hopelessness and helplessness. Physical symptoms may include disturbed sleep, aches and pains and lack of energy. There may be an impact on risk and young people might be experiencing thoughts of wanting to harm themselves.

## GETTING MORE HELP

Referral to CAMHS West Team

- Single Point of Access 023 8103 0061 / 0300 123 6661

Young Minds Crisis Messenger - Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis - All texts are answered by trained volunteers, with support from experienced clinical supervisors

- Text YM to 85258

Samaritans provide confidential emotional support 24/7

- Call on 116 123
- Email [io@samaritans.org](mailto:io@samaritans.org) (24hr response time)
- <https://www.samaritans.org/>

Papyrus HOPELINE UK is for anyone under the age of 35 who are experiencing thoughts of suicide or for anyone who is concerned that a young person they know is having thoughts of suicide.

- Call: [0800 068 4141](tel:08000684141)
- Text: [07860039967](tel:07860039967)
- Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening hours: 9am – 10pm w/days, 2pm – 10pm w/ends, 2pm – 10pm bank holidays

StayAlive App – resources for those with thoughts of harming themselves or suicide and people worried about someone.

If you, or someone you know is experiencing a crisis and needs urgent mental health support then you can call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk) and speak to the NHS Mental Health Triage Service. They provide advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.