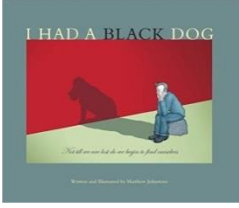
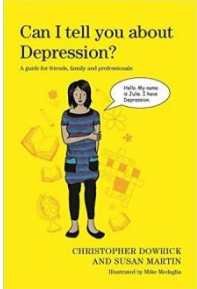
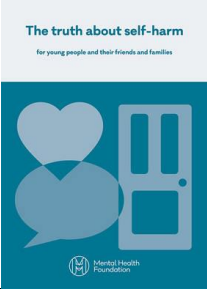
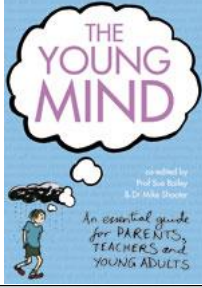
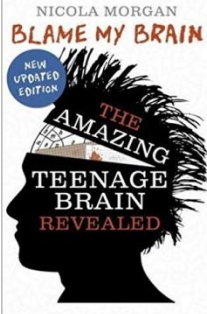
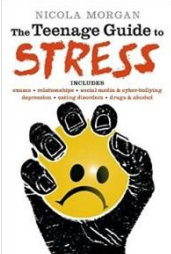










Recommended reading

	<p>I Had a Black Dog: Matthew Johnstone</p>
	<p>Can I Tell You About Depression: Christopher Dowrick</p>
	<p>The Truth about Self-Harm: For young people and their friends and families</p>
	<p>The Young Mind. An essential guide to mental health for young adults, parents, and teachers: Dr Mike Shooter and Prof Sue Bailey</p> <p>Information and guidance for parents, teachers and young adults looking specifically at anxiety, stress, and self-harm.</p>
	<p>Blame My Brain: the Amazing Teenage Brain revealed:</p> <p>Nicola Morgan</p> <p>Aimed at young people and their parents, an explanation of the ups and downs of the teenage brain.</p>
	<p>The Teenage Guide to Stress:</p> <p>Nicola Morgan</p> <p>Written for teenagers but also targets parents who want to understand all the stresses that teenagers face.</p>

Helpful apps

	<p>Headspace</p> <p>Learn to meditate in just 10 minutes a day with the Headspace app. Personalise the app to what matters to you. Includes reminders to keep you on track.</p> <p>Free access to the first level of meditation exercises designed for beginners (10 x 10minutes)</p> <p>iTunes ✓ Android ✓</p>
	<p>iRelease</p> <p>Guided meditation to relieve stress and increase energy instantly.</p> <p>Convenient, easy listening, perfect for rejuvenating breaks throughout your day.</p> <p>iTunes ✓ Android ✓</p>
	<p>Breathe</p> <p>Breathe is a mindfulness app that helps you stay calm and battle anxiety by sending you gentle deep breathing reminders and mindfulness quotes throughout the day. Personalise the reminders to how frequently you would like to see them and the content of them. Reminders when you need them most!</p> <p>iTunes ✓ Android ✓</p>
	<p>MindShift</p> <p>MindShift is designed to help teens and young adults cope with anxiety.</p> <p>MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle sleep, intense emotions, worry, panic, and social anxiety</p> <p>iTunes ✓ Android ✓</p>

	<p>Self-help for Anxiety Management (SAM)</p> <p>Offers a range of self-help methods for people who are learning to manage their anxiety</p> <p>Self-help techniques including anxiety rating scale, self-help tool-kit, and an anxiety tracker. This app also introduces guidance on putting self-help into practice</p> <p>iTunes ✓ Android ✓</p>
	<p>iChill</p> <p>iChill can help by teaching you a set of self-help skills. You will learn simple info about how stress affects the mind and body</p> <p>iTunes ✓ Android ✓</p>
	<p>What's Up</p> <p>What's Up is aimed to help you to cope with depression, anxiety, stress, and anger. It features common negative thinking patterns and simple methods to overcome them, a diary to keep your thoughts and feelings, a grounding game with questions to keep you grounded in the present when stress is taking over, and simple breathing techniques for keeping calm and relaxed.</p> <p>iTunes ✓ Android ✓</p>
	<p>BASE</p> <p>This app was designed by CAMHS to help young people manage stress, anxiety and depression. It allows you to note your feelings and daily experiences and logs the data into a graph so you can see how your mood changes.</p> <p>You could use this app at your next appointment with your mental health professional.</p> <p>iTunes ✓ Android ✓</p>
	<p>Daylio enables you to keep a private diary without having to type a single line. Daylio tracks your mood and what you get up to each day so you can look back on each diary entry.</p> <p>iTunes ✓ Android ✓</p>

	<p>StayAlive is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else. StayAlive also includes numbers for crisis support.</p> <p>iTunes ✓ Android ✓</p>
	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p> <p>iTunes ✓ Android ✓</p>

Need immediate mental health and wellbeing support?

NHS 111: You can call **NHS 111** when you need medical help fast but it's not a 999 emergency. Call **111** if you don't know who to call, don't have a GP or need health information about what to do next.

Mental Health Rapid Response Service (MHRRS): A local support service offering rapid assessments for people experiencing mental health issues who don't feel able to stay safe. **01273 242220** (24/7)

Sussex Mental Healthline: Helpline staffed by trained mental health workers for anyone in Sussex with a concern related to mental health. Open 5pm – 9 am Monday to Friday and 24 hours at weekends and bank holidays. **0300 5000 101**

The Samaritans: A national helpline providing confidential listening support. **116 123** (free phone)

Emergency services – 999: If you or someone else is at risk of immediate harm, contact the emergency services on **999**

Other useful organisations

Depression UK

<http://www.depressionuk.org>

National self help organisation that offers support to help cope with depression.

E-motion

<https://www.e-motionbh.org.uk>

A free online counselling project for young people aged 13-25 years old who live in Brighton and Hove

Find Get Give

<http://www.findgetgive.com>

A national mental health services directory and advice website for 13-25 year olds.

Mind

Information about services available that offer support around mental health and wellbeing

Ru-ok? Young People's Substance Misuse Service

<http://www.ruokservice.co.uk/>

ru-ok? Works alongside under 18s whos lives are affected by substance misuse in Brighton and Hove

Where To Go For

<http://wheretogofor.co.uk/>

<http://wheretogofor.co.uk/everything>

Helps connect you to local directories that offer help, advice, activities and support for young people in Brighton and Hove.

YMCA Downlink Group

<http://www.ymcadlg.org>

Offers free counselling for 13-25 year olds

Right Here – a service for young people that supports mental wellbeing

Young Minds

<https://youngminds.org.uk>

a UK charity that offers information to young people and children about mental health and support available to you.

Youth Collective

<http://brightonandhoveyouthcollective.org.uk>

Made up of eight local organisations (including YMCA, YAC and Young People's Centre)