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Woodlands School

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Abuse

Support

NSPCC

NSPCC

Abuse (child, sexual, domestic violence) Children's charity dedicated to ending child abuse and child cruelty.

Telephone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: www.nspcc.org.uk



Refuge

Advice on dealing with domestic violence.

Telephone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Gender

Apps



Final Fantasy IX

Gender fluid app from the final fantasy series

Features Quina Quen who is from a tribe of creatures called the QU. Her/his pronoun depends on the language in which the game is played, and her/his appearance doesn't indicate a gender.

Sexuality

Apps



Distinc.tt LGBT+

The first social networking app for LGBT+ people aged 12 and over.

Currently only available on IOS.

Support



LGBT Foundation

Advice, support and helpline.

Working to ensure LGBT voices are heard and their needs are met.

<https://lgbt.foundation>

Helpline: 0345 330 30 30

Monday to Friday, 10am to 6pm

Email: info@lgbt.foundation



Switchboard

Advice, support and helpline.

Talk with trained volunteers who identify as LGBT+.

Helpline: 0300 330 0630

Everyday 10am to 10pm



RUComingout

Thinking about coming out?

Over 300 real life stories about coming out written by people from all over the world. It also includes exclusive interviews with authors, actors and other public figures who wanted to share their experiences of coming out.

www.rucomingout.com

Body Image

Apps



Diet or Disorder

Screening and self-help tool

The app provides tools to support and empower those who might have an eating disorder and well as their loved ones. It also signposts simple self-help strategies and links to other resources.



Good Blocks

Improve your self-esteem.

A free app designed to improve your mood, your self-esteem and your body image. It helps you train your mind to reject negative thoughts in a fun and creative way.



Rise Up+ Recover.

CBT Tool

Using CBT (cognitive behavioural therapy) tools, this app helps you monitor your eating and the data you record can be exported as PDFs.

Support



Beat

The UK's Eating Disorder Charity

Access and support via phone, email and one-to-one webchat with specially trained Helpline Advisors and online peer support groups and message boards.

Health

Apps



NHS Go

The NHS has an app!

You can search for local services, and it has dedicated health guides for teenage girls and boys.



Down Dog

Yogaaaaah

With Down Dog you get a brand-new yoga practice every time you come to your mat. Unlike following pre-recorded videos, Down Dog won't make you do the same workout over and over again. With over 30,000 different configurations, Down Dog gives you the power to build a yoga practice you love!



Kitchen Stories

Cooking from scratch is the only way to know what's in the food you eat.

Easy recipes and cooking guides help you to learn how to cook in no time at all.

Support



Energize Shropshire

Mental health support for young people

Guildhall Frankwell Quay
Shrewsbury
07539 377701

Health cont.

Support cont.

tel. 111

NHS 111 Helpline

For any urgent medical concern

In an emergency always call or text 999



Youthhealthtalk.org

Personal physical & mental health stories

Information, advice, videos and strategies for teens who are living with physical and mental illness.



Doc Ready

Worried about seeing the doctor?

Doc Ready takes you through the entire process, step by simple step.



Young Men's Health

Young Men's Health is a website for teen guys and young men featuring up-to-date health information. Here, you can find answers to your questions, health guides, & more!



Young Women's Health

The centre for Young Women's Health is an award-winning health website for young women. Here, you find answers to your questions, health guides, chats & more!



General Health



Sexual Health



Gynecology



Medical Conditions



Nutrition & Fitness



Emotional Health



Men's Health Forum

24/7 Stress Support for men by text, chat and email.

Website: www.menshealthforum.org.uk/beat

Health cont.

Support cont.



Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.menshealth.org.uk



SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support



Rethink Mental Illness

Support and advice for people living with mental illness.

Telephone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Suicide

Apps



MY3

Who are the three people you would call if you were suicidal?

Is it your brother? Your friend? Maybe even a neighbour? Customise your safety plan by identifying your personal warning signs, coping strategies, distractions and personal networks. This safety plan will be with you at all times and can help you stay safe.



Stay Alive

Free suicide prevention app

This app is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. Includes a Safety Plan to use if you have a crisis and need to keep yourself safe. You can upload photos that are important to you from your phone in the 'LifeBox', add your own crisis support phone numbers in 'Find Help Now', fill in your 'Reasons for Living' and add to a list of ideas for 'Taking Care of Yourself'.

Support



Papyrus

Suicide prevention helpline for young people

www.papyrus-uk.org

Hopeline: 0800 068 41 41

Text: 07786 209 697

Mon to Fri, 10am-5pm and 7pm-10pm

Weekends, 2pm-5pm

Suicide cont.

Support cont.

SAMARITANS

Samaritans

For under 18's as well as adults

Free Helpline: 116 123 (free 24 hours)

www.samaritans.org

Email: jo@samaritans.org or talk face to face in the Branch in

Shrewsbury: Swan House, Coleham

Monday, Tuesday, Saturday, 7pm – 10pm

Thursday, Friday, Sunday, 3pm – 10pm

Wednesday 11am – 3pm, 7pm – 10pm

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CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

Calm

Male suicide prevention

Around 70% of youth suicide is male.

National helpline: 0800 58 58 58

5pm to Midnight, 365 days a year.

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

Papyrus

Young suicide prevention society

Telephone HOPElineUK 0800 068 4141 (9am to midnight, every day of the year) Website: www.papyrus-uk.org

Self-Harm

Apps



Calm Harm

Approved by the NHS to help you to ride out the urge to self-harm.

Calm Harm is an award-winning app developed for teenagers to help them resist or manage the urge to self-harm. You will be able to track your progress and notice change.



Blue Ice

Prescribed app designed to be used with face-to-face care within the mental health service.

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Support



Self-Harm UK

Dedicated to self-harm recovery and support.

Supports teenagers by giving them a safe space to talk and ask questions. Great resources on their website, including videos, articles, blogs and self-help guides.

www.selfharm.co.uk



Self-Injury Support

Support for females of all ages

Free confidential Self Injury helpline plus resources on coping strategies.

Free Helpline: 0808 800 8088

Text Help: 07800 472908

Tuesday to Thursday, 7pm to 9.30pm

Self-Harm cont.

Support cont.



Sane

National out-of-hours helpline

Sane offers specialist emotional support, guidance and information to anyone affected by mental illness, including family and friends.

SANEline: 0300 304 7000

4.30pm to 10.30pm daily

Sleep

Apps



Relax Melodies

Sleep Soundscapes

Achieve great sleep thanks to Relax Melodies which allows you to create your very own sleepy soundscapes. Pick from over 100 soothing sounds and melodies, add a guided meditation specially made for sleep and drift into sweet slumber.



Pillow Automatic

Sleep Tracker App

Pillow is the best free sleep tracking app for your Apple watch, iPhone or iPad with a unique set of features aiming to improve your sleep quality, help you wake up easier and fall asleep faster.



Moment

Put down your phone and get back to your life.

If you're noticing that you're spending too much time on your phone, it's making you feel low or you want to reduce your phone usage then download the Moment app.

Support



The Sleep Council

How to get a good night's sleep

Sleep is fundamental to physical and mental health and wellbeing. The Sleep Council website provides helpful advice and tips on how to improve sleep quality and create the perfect sleep environment.

Sleep cont.

Support cont.



Sleep Help

The Sleep Help Institute

People who don't sleep well are more likely to be depressed and anxious and unable to process the emotions in the way they usually do. Help explains why sleep is so important.



take a deep breath

100 Sleep Stories

Calm have created a fantastic selection of Sleep Stories and Sleep Music which you can access on their website or through the Calm app. From Bob Ross to Jerome Flynn from Game of Thrones, the stories have been listened to over 63 million times. Start with "Blue Gold" narrated by Stephen Fry. His soothing voice wanders through Provence enjoying the smell of the lavender fields.

Depression

Apps



Cove

Create music to express feelings.

Free, personal musical journey to help you with your emotional and mental health. Trusted by the NHS.



Reflectly

Diary app

How are you feeling on a daily basis matters. Reflectly is a personal journal and diary driven by artificial intelligence to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of wellbeing.



Happy Not Perfect

Supported by science. Designed by people.

Includes simple exercises to boost mental wellbeing, a quick 7-step routine to help you boost your feel-good hormones and relax your nervous system.



What's Up

Cognitive Behavioural Therapy techniques

Using a mixture of Cognitive Behavioural Therapy and Acceptance Commitment Therapy, What's Up uses a positive and negative habit tracker to help users keep up with good habits and ditch those that are counterproductive.

Depression cont.

Support

The logo for Childline, featuring the word "childline" in white lowercase letters on a blue rectangular background.

Childline

Phone, text and online support with trained counsellors

You can talk about ANYTHING and have a 1-2-1 chat with a trained counsellor through their website.

www.childline.org.uk

24 Hour helpline: 0800 1111

The logo for Kooth, featuring the word "kooth" in a stylized, lowercase font with two small icons of faces above the 'o's.

Kooth

Kooth offers free, safe, anonymous support

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.

Monday to Friday, 12pm to 10pm

Saturday and Sunday, 6pm to 10pm



Mind

Promotes the views and needs of people with mental health problems.

Their website contains a very detailed A to Z Guide of Mental Health and information and support.

Text: 86463

Infoline: 0300 123 3393 (Monday to Friday, 9am to 6pm)

www.mind.org.uk

Shropshire Mind: 01743 368 647

Suites 3 & 4, Observer House, Shrewsbury



Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

www.bipolaruk.org.uk



CALM

Campaign Against Living Miserably, for men aged 15 to 35.

Telephone 0800 58 58 58 (daily, 5pm to midnight) Website:

www.thecalmzone.net

Life etc.

Apps



Naturespace

Relax more and sleep better

Naturespace contains completely real, full-spectrum recordings of the natural world, captured with remarkable detail and fidelity. Using state-of-the-art recording equipment and techniques refined over decades of capturing natural sound in the field, they sought out the earth's most beautiful sonic landscapes. And boy, did they find them. Vast shorelines, spectacular mountain valleys, eerie desert mountains, wild autumn forest, and hundreds of natural environments have been captured over years of expeditions. Each recording has its own unique character and suggested usage (sleep and relaxation, focus and concentration, anxiety and stress relief, meditation, or creative visualization).

Naturespace enhances focus, eliminates distractions, reduces anxiety, and promotes a state of relaxed mental clarity. It is the perfect sonic tool for help with masking distracting sounds, sleeping, studying, concentration, meditation and anxiety.



Habit Bull

Break bad habits

Not all habits are bad but there are some that need changing if they are affecting your health. This free app allows you to break bad habits or build positive ones.



Art Guide

Be more creative

This free app by the Art Fund is an on-the-go guide to discovering world-class exhibitions, museums, and stunning country homes near you.

Life etc cont.

Support



Citizens Advice

Citizens advice can help you to resolve all sorts of practical issues by providing free, independent and confidential advice. They have a specific section for young people under 18. You can use their web chat online or call their national advice line.

03444 111 444

Friends

Apps



ForMe

The ChildLine App

ChildLine actually support young people up to the age of 19. ForMe is an app where you can get advice and support on a huge range of issues including friendship, peer pressure and bullying. You can also call a ChildLine counsellor or login to 1-2-1 chat from within the app.



HelloTalk

Make friends and learn to speak their language.

A really clever app that connects you to people of a similar age in different countries so that you can practise your language skills while making a new friend at the same time it's free to use for a single language.



Storybooth

Record your story and let the storybooth team turn it into an animation.

Do it!

Support



Ditch the Label

Research, advice and useful information on bullying

Support for young people who are being bullied or are struggling with mental health, body image, sexuality and hate crimes.



National Bullying Helpline

Provides support for teenagers.

0845 22 55 787

Anxiety

Apps



Wysa Happiness Chabot

A cute penguin who wants to cheer you up

Wysa helps to build emotional resilience by talking to you about your situation.



MindShift App

Help teens cope with anxiety.

Strategies and tools to help you deal with everyday anxiety. Type your worries and then set them on fire.



Smiling Mind

Mindfulness meditation

Free app developed by psychologists and educators specifically for young people. The meditations are tailored by age from 7-18.



I Love Hue

The original colour grid puzzle game!

I Love Hue is a gentle journey into colour and perception. Re-order mosaics of coloured tiles into perfectly ordered spectrums. Lovingly made for players who enjoy beautifully crafted puzzle games – or anyone who needs a few moments of visual tranquillity.

Anxiety cont.

Support



No Panic

Talk to a counsellor about panic or anxiety. Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

For 13 to 20 year olds.

www.nopanic.org.uk

Youth helpline: 0330 606 1174

Monday to Friday 3pm – 6pm

Thursday 6pm – 8pm

Saturday 6pm – 8pm

Breathe Line: 01952 680835

A recording explaining breathing technique if you are having a panic attack.

Telephone: 0300 772 9844 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge



Anxiety UK

Run by volunteers who have lived with anxiety, stress and depression.

They can help you deal with anxiety and panic as well as specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking, heights or any fear that is stopping you get on with your life.

Infoline: 03444 775 774

Monday – Friday 9.30am – 5.30pm

www.anxietyuk.org.uk

Anxiety cont.

Support cont.



OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Telephone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge.

Website: www.ocdaction.org.uk



OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news, and treatments.

Telephone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

Family

Apps



Find My Friends Apple

Share your location via GPS.



Life 360

Tracker apps to mark your location so your family and friends can always find you.



Remember The Milk

Free to-do app

Remember The Milk is the smart to-do app for busy people. You'll never forget the milk (or anything else) again.

Get to-dos out of your head, and let the app remember for you.

Get reminded via email, text, IM Twitter, and mobile notification.

Support



Happy Steps

Support for Stepfamilies

The UK's only research-based stepfamily resource centre. Advice and support for stepfamilies along with coaching.



Riprap

If you have a parent with cancer

Run by a specialist cancer nurse with a chat forum where you can post and get support from other young people.

Family cont.

Support cont.



Teen Issues

Read, learn, and share your story.

The Family Life section of this website offers advice and information on everything from strict parents to family conflict. You can share your story and get support at the bottom of each article.



Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Telephone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends) Website: www.alzheimers.org.uk



YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Telephone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk

Digital

Apps



Zipit

Nip unwanted chat in the bud.

If someone's trying to get you to send them naked images of yourself, use the fully updated Zipit app to keep the situation under control. Zipit helps you to respond to unwanted chat with the power of GIFs. With the help of a dedicated crew of young people they have revised their flirting guide with helpful tips on how to navigate intimate chats.



Super Better

Turning life's challenges into a game

Super Better builds resilience – the ability to stay strong, motivated, and optimistic even in the face of change and difficult challenges. Playing Super Better unlocks heroic potential to overcome tough situations and achieve goals that matter most.

Support



CEOP

Child Sexual Exploitation and Online Protection Command

Are you worried about online sexual abuse or the way someone has been communicating with you online?

www.ceop.police.uk



Cybersmile

Advice on cyberbullying

Helpful website featuring topics ranging from Netiquette to Doxing – someone sharing your personal information online.

Digital cont.

Support cont.



Childnet

Advice on all aspects of internet safety

The childnet website is for 11- to 18-year-olds and provides top tips, blogs, competitions, resources and advice on internet safety.



Disrespect Nobody

Healthy and unhealthy relationships

Information on sexting, consent, porn, relationship abuse, rape and harassment, the law, negative consequences and practical advice.

Addiction

Apps



Quit That!

Habit Tracker App

Quit That! Is a simple app to track all of the stuff you are trying to quit. Want to quit biting your nails? Quit That! Looking to stop drinking fizzy drinks? Quit That! Too.

Support



Talk to Frank

Drug and alcohol support

Helpline: 0300 123 6600 Text: 82111



Alcoholics Anonymous

A free self-help group. Its “12 step” programme involves getting sober with the help of regular face-to-face and online support groups.

Telephone: 0800 917 7650 (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk



Al-Anon

Al-Anon is a free self-help “12 step” group for anyone whose life is or has been affected by someone else’s drinking.

Telephone: 0800 0086 811 (daily, 10am to 10pm)

Website: www.al-anonuk.org.uk

Drinkline

A free confidential helpline for people worried about their own or someone else’s drinking.

Telephone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)

Addiction cont.

Support cont.



National Association for Children of Alcoholics

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent's drinking including children, adults and professionals.

Telephone: 0800 358 3456 (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm)

Website: www.nacoa.org.uk



SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Telephone: 0330 053 6022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday) Website: smartrecovery.org.uk

Grief

Apps



Grief: Support for young people

For 11–25-year-olds who have experienced bereavement.

The app has been created by a group of bereaved young people working directly with Child Bereavement UK.

It has been developed for 11-25-year-olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents, and professionals who would like to know how to support bereaved young people.



Smiles & Tears

Family bereavement app

Smiles & Tears has been developed by Nelson's journey, a charity based in Norfolk, UK. They support children and young people aged 0 – 17yrs inclusive who have experienced bereavement.

Support



Child bereavement UK

Support for people who have lost someone they love.

Grief is normal no matter who it is that you have lost and talking about it helps.

Helpline: 0800 028 8840

Email@ support@childbereavementuk.org

Grief cont.

Support cont.



Hope Again

Website for young people living with loss.

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

Helpline: 0808 808 1677

Email: hopeagain@cruse.org.uk

Help 2 Make Sense

Support for grieving young people.

Lovely website with friendly resources on everything from ways to remember someone to advice on how to help a grieving friend. They have a confidential ASK email service where you can get free and confidential support as well as getting specific or practical questions answered.

Email: ask@winstonswish.org



Cruse Bereavement Support

Support for grieving young people.

Telephone 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk/home

Sex Ed.

Apps

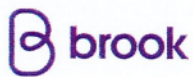


My Sex Doctor Lite

Sex and sexual health app

This is a free sex ed app featuring a sex dictionary and a 100 Things You Must Know list with topics ranging from puberty and menstruation to sexual orientation, safe sex, pregnancy and contraceptives. The sex ed dictionary provides definitions on everything from acne to abortion to acquaintance rape.

Support



Brook

Free confidential online and clinic based sexual health service for young people under 25.

Brook has been putting young people's health and wellbeing first for 50 years.

Alliance Pharmacy, 37 Mytton Oak Road, Copthorne, Shrewsbury.

Free Contraception

Love the NHS

Contraception is free on the NHS from Brook, GPs, pharmacies and clinics. Condoms or femidoms protect against the transmission of STIs while the implant provides protection against pregnancy for three years.



Sexwise

Advice on sex, contraception, pregnancy, STIs and pleasure

The Sexwise website can answer questions and help you find free contraception, STI testing and treatment.



Rape Crisis

To find your local services phone: 0808 802 9999

Relationships

Apps



Mend

Break up self-care app.

Daily audio bites, mending exercises, progress tracking and personal stories to help you get over heartbreak.



Youper

An app to help people with shyness and social anxiety gain more confidence in social situations.

Created by a team of doctors, scientists, and engineers, Youper utilizes AI to personalize various techniques to fit your needs.

Support



#LoveDon'tFeelBad

A guide to healthy behaviour in intimate relationships

Videos, quizzes, myth busting, advice and info on what to expect and what not to tolerate in a romantic relationship. Developed by Women's Aid.



Your Thoughts on Falling in Love

Teen Health Survey

Results of a survey of more than 5700 teenagers who took a survey on what it feels like to be in love.



WikiHow

How to date successfully

As a Teenage Girl

As a Teenage Boy