

Online support

Get information, advice and support



Childline are open 24 hours a day and it's free to contact them - online, by email or phone. Play games and access information and advice on their website.



Young Minds have lots of online resources for looking after your mental health.



The Mix offer free online and phone support for under 25s. Access their website for information and advice.



Health, emotional and practical support in a women only space for women aged 16 and above. Various counselling and therapy options available.



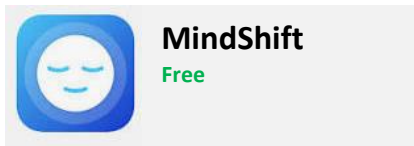
If you are aged 16 years or older and are registered with a GP surgery in the Wakefield District, you can access various types of individual and group therapy.



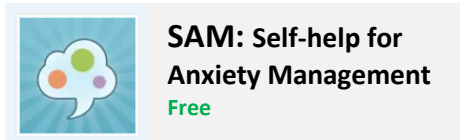
Our service, commissioned by the NHS, provides emotional health and wellbeing services for children and young people in their communities in Wakefield.. We offer a range of advice, support and education on emotional health matters using text, web based and face to face to support children, young people and families to improve and maintain emotional health.

Useful Phone Apps

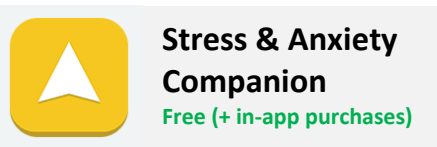
Help with anxiety:



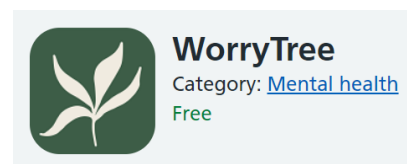
An app to help you understand, reflect and manage your anxiety, worry panic and/or phobias. It provides you with the tools to face your anxiety rather than avoid it. You can learn, set yourself goals and engage in different activities.



Observe how anxiety affects you over time; this app helps you to understand and manage your anxiety through self-help exercises and private reflection.



This app helps you to manage anxiety on-the-go. It has breathing exercises, relaxing music and games. It helps you to challenge your negative thoughts to help you cope with life's ups and downs. A simple yet effective app.



This app aims to help you take control of worry wherever you are. You can use the app to record whatever you are worried about and help you notice and challenge your worries. You can also create an action plan for managing worry.



<https://stem4.org.uk/>

Stem4 apps



Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.



Clear Fear is a free app to help children and young people manage symptoms of anxiety.



Move Mood is a free app to help teenagers manage low mood and depression.



Combined Minds is a free app to help families and friends provide mental health support.

Help with sleep, relaxation and general wellbeing:



Feeling Good

Free
(+in-app purchases)

Relax your body and mind with a series of audio tracks designed to help you build confidence, motivation, resilience and bring about a positive mindset.



Chill Panda

Free

Learn to relax, manage your worries and improve your wellbeing. There are different tasks to suit your state of mind including breathing techniques and light exercise. An app better suited to younger children and also the family can enjoy the activities together.



Headspace

Free
(+ in-app purchases)

A guide for the whole family to everyday Mindfulness. The guided meditation tracks cover stress, sleep problems, productivity, exercise and more. Headspace also have a series on Netflix and helpful videos on their YouTube channel!



Three Good Things

Free

A simple yet effective app to encourage you to reflect on your day and focus on the positive things in the hope that it will bring you comfort, happiness and calm. Looking back at your entire diary entry at the end of the week will give you a great boost too.



Insight Timer

Free

This great app provides over 40,000 free guided meditations, motivational talks and calming music tracks. It can help with anything from stress, anxiety, anger to self-esteem and sleep.

Health for Teens: <https://www.healthforteens.co.uk/feelings/anxiety/>

Mindfulness: <https://youtu.be/kO5I0p3luiQ>

Anxiety animation: <https://www.youtube.com/watch?v=dknTQktH5Z0&t=16s>