













and Paige Tallen for designing the leaflet and other young people from; Phoenix Detached throughout the process and to Healthwatch North Tyneside for funding the printing costs. Youth Project, The Base Barnardos and North Tyneside Council's Participation team for Thank you to; Alannah Daly, Ash Gray, Emma Burgess, Jacob Walker, Niamh Hughes their suggestions. Thank you as well to Launchpad North Tyneside for their support









Calm Harm



Pacifica

Rise up + Recover







Daylio





Help to manage feelings of distress and urges of self-harm through distraction.

Mood and activity tracker and journal.

Help to manage low mood, anxiety and stress.

An eating disorder monitoring and management tool.









Stay Alive

Stop, breathe and think

Super Better









Anxiety management through recording anxiety levels and triggers.

Suicide prevention to help you/someone else keep safe.

Meditation and mindfulness to improve emotional strength and confidence.

Increases resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.









Year in Pixels

Headspace

Youper

7 cups









www.youper.ai

www.7cups.com

Guided mediation. Hundreds of themed sessions e.g. stress, sleep, focus and anxiety. SOS exercies in case of sudden meltdowns

Helps you monitor and take control of your emotional health.

Chat rooms and forums available on many issues like depression, anxiety, relationships, LGBTQ+ and more.



Allows you to record

your mood and review.



Get Self Help



Kooth

Doc Ready







www.kooth.com

Anonymous and safe support on a range of issues. Counsellors available as well as articles written by other young people



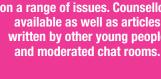






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www.getselfhelp.co.uk













NHS Moodzone



Reach Out



Self Harm UK



Voice Collective



www.nhs.uk/ conditions/stress-anxiety-depression



au.reachout.com



www.selfharm.co.uk



www.voicecollective.co.uk

Tips and advice on how to boost your mental health, self-help and treatments and other support.

Australian website provides information, support and resources about mental health issues to enable young people to develop resilience, increase coping skills, and facilitate help-seeking behaviour.

Dedicated to young people who self harm.

Supports children and young people who hear voices, see visions, have other 'unusual' sensory experiences or beliefs.





Young Minds



Childline



NHS 111



The Mix



www.youngminds.org.uk

childline NE, ON THE PHONE, ANYTIME

www.childline.org.uk Tel: 0800 1111



www.111.nhs.uk Tel: 111



www.themix.org.uk Tel: 0808 808 49 94



Information on a wide range of mental health issues and young people's experiences.

Information and support on any issue impacting on a young person's life.



Support on a wide range of issues.





Chat Health



Streetwise



Cruse Bereavement Care



Acorns





If you are concerned for your immediate safety or someone else's ring 999.

If you are in crisis the Samaritans are available 24 hrs a day, seven days a week, free from any phone on 116 123. They offer; a confidential service, they will listen to you, won't judge you or tell you what to do.

If you are a young person and feel you need professional support through CAMHS (Child and Adolescent Mental Health Service) contact your; GP, Teacher or another trusted professional about being referred.

If you are suffering with your mental health please confide in a trusted adult.



Tel: 07507 332 532

Streetwise

www.streetwisenorth.org.uk

Provides a range of

confidential health and wellbeing

support services for young people





www.cruse.org.uk

Support, advice and information

when someone dies and on

bereavement grief.



www.acornsproject.org.uk

Recovery and support services for children and young people affected by domestic abuse.
Based in North Tyneside.

Young people aged 11-19 years can text to get support from a school nurse or arrange



The Base, Barnardos

aged 11-25 years. Based in Newcastle City Centre

Helping Hands





Phoenix Detached Youth Project



Some One Cares

Believe in children 🎹 Barnardo's

Tel: 0191 253 2127 Email: thebaseproject@barnardos.org.uk

Based in Whitley Bay, working with young people aged 10-25 from North Tyneside and Tyne & Wear. Provide a duty service offering information, advice and guidance, groupwork programmes including LGBTQI+.



Partnership between Phoenix Detached Youth Project and Connexions North Tyneside Tel: 0191 258 5806

Mental health and emotional well being support for young people aged 12-25 years in North Tyneside. Young people need to be referred.



www.pdvp.ora Tel: 0191 258 5806

One to one support and group work for young people aged 12-25 years in the Riverside and Chirton area of North Tyneside.



Some One Cares www.someonecares.org.uk

counselling support to survivors of abuse and their supporters.

We work with anyone regardless of gender from 11 years old.

