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North Tyneside Council

healthwatch
North Tyneside



			
Calm Harm	Daylio	Pacifica	Rise up + Recover
			
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.
			
SAM	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
	 HEADSPACE® www.headspace.com	 www.youper.ai	 www.7cups.com
Allows you to record your mood and review.	Guided meditation. Hundreds of themed sessions e.g. stress, sleep, focus and anxiety. SOS exercises 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.
			
Doc Ready	Get Self Help	Kooth	
 www.docready.org	 www.getselfhelp.co.uk	 www.kooth.com	
Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health. Provides a checklist.	Self help videos, information sheets and solutions.	Anonymous and safe support on a range of issues. Counsellors available as well as articles written by other young people and moderated chat rooms.	










**Read a book
or magazine**

**Write a
journal**

**Take slow
mindful breaths**

**Sing
and dance**

**Look at
happy photos**

			
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	 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.	Symptom support online and get advice on where and when to get support or a call from a nurse if you can't get to a GP.	Support on a wide range of issues.
			
Chat Health	Streetwise	Cruse Bereavement Care	Acorns
 North Tyneside Council Tel: 07507 332 532	 www.streetwisenorth.org.uk	 www.cruse.org.uk	 www.acornsproject.org.uk
Young people aged 11-19 years can text to get support from a school nurse or arrange an appointment.	Provides a range of confidential health and wellbeing support services for young people aged 11-25 years. Based in Newcastle City Centre	Support, advice and information when someone dies and on bereavement grief.	Recovery and support services for children and young people affected by domestic abuse. Based in North Tyneside.
			
The Base, Barnardos	Helping Hands	Phoenix Detached Youth Project	Some One Cares
 Tel: 0191 253 2127 Email: thebaseproject@barnardos.org.uk	 Partnership between Phoenix Detached Youth Project and Connexions North Tyneside Tel: 0191 258 5806	 www.pdyp.org Tel: 0191 258 5806	 SomeOneCares www.someonecares.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+.	Mental health and emotional well being support for young people aged 12-25 years in North Tyneside. Young people need to be referred.	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 provides counselling support to survivors of abuse and their supporters. We work with anyone regardless of gender from 11 years old. Based in North Tyneside.

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.