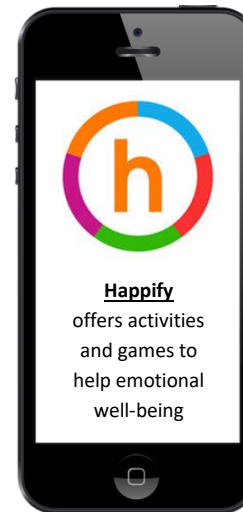
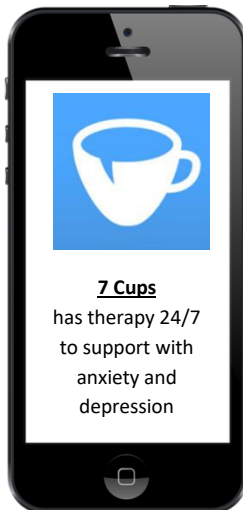
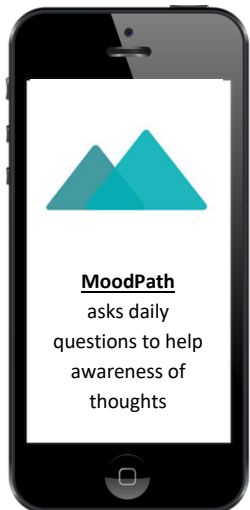
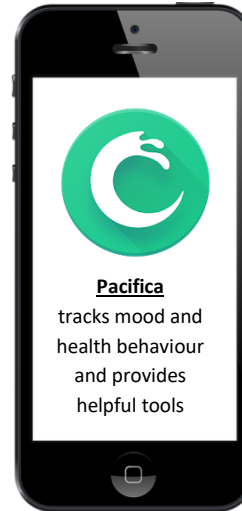
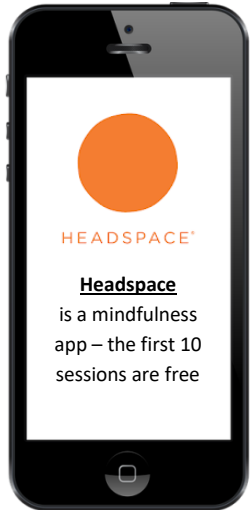




What free mobile apps can I use to support myself?





Is there anything else that I might find helpful?

Try to distract yourself...

- ✚ You could do an activity such as painting, mindfulness colouring, cooking/ baking, go for a walk, run or cycle, do a 1000 piece puzzle.
- ✚ Listen to your favourite music
- ✚ Watch a funny movie or TV programme
- ✚ Take a cold shower



Try some relaxation techniques...

- ✚ Take a bath, do some breathing exercises or guided relaxation (use some of the mobile apps to help you)
- ✚ Follow a yoga tutorial on YouTube

Focus on your 5 senses...

- ✚ Smell – use some scented oils such as lavender or peppermint
- ✚ Taste – eat something sour or spicy
- ✚ Touch – get some sensory items like slime or a stress ball, do a facemask
- ✚ Sound – listen to music or focus on the sounds around you
- ✚ Sight – look at picture of people and things you care about

Other ideas...

- ✚ Talk to someone who you find supportive.
- ✚ Think of things you are looking forward to in the next week-perhaps time with a friend, going somewhere fun like the cinema.
- ✚ Write down your thoughts to get them out of your head.
- ✚ Make a list of your hopes and goals for the future.



What national telephone/online support can I access?

If you are struggling with your feelings and want to talk to someone there are lots of telephone and online services. These are free to use, and have confidentiality policies. Some of these are 24 hours a day so you can speak to someone.

ChildLine

Call **0800 1111** to speak to a counsellor, or visit www.childline.org.uk for an online 1-2-1 chat with a counsellor or to post on their message boards.

Samaritans

Call **116 123** to be listened to 24 hours a day, email them using jo@samaritans.org or visit www.samaritans.org for more information.

YoungMinds

Text YM to **85258** to access their Crisis Messenger available 24/7

HOPELineUK

A confidential support service for young people having thoughts of suicide. Call them on **0800 068 4141**, text them on **07786 209 697**, or email pat@papyrus-uk.org. Find more information at www.papyrus-uk.org



Family Lives

Call **0808 800 2222** for information and advice on any aspect of parenting and family life, including bullying.

Mermaids

Call **0344 334 0550** for emotional support for transgender and gender diverse young people and their families/friends. Visit www.mermaidsuk.org.uk

B-eat

Call **0808 801 0711** or visit www.b-eat.co.uk for help to beat eating disorders.