

# Free support in Stockport for under 18s



Available 24/7:

**Go online:** chat and get advice by signing up at [www.kooth.com](http://www.kooth.com) (ages 10-25)

**Call an NHS mental health expert:** the team at Pennine Care NHS Trust can be contacted on 0800 014 9995 (all ages)

**Call Childline:** 0800 1111 or visit the message boards on [www.childline.org.uk](http://www.childline.org.uk) (ages 0-19)

Things that could help over the coming days and weeks:

**Complete a self care plan:** download a template from [bit.ly/AnnaFreudP](http://bit.ly/AnnaFreudP) (primary school age) or [bit.ly/AnnaFreudS](http://bit.ly/AnnaFreudS) (secondary school age)

**Join a SHINE group session:** meet with other young people weekly and get involved with wellbeing and creative activities. Call 0161 440 0055 or visit the website at [bit.ly/shinespt](http://bit.ly/shinespt) (ages 11-17)

**Message ChatHealth:** text 0748 063 5227 or visit [chathealth.nhs.uk](http://chathealth.nhs.uk) Monday to Friday and get a response within 24 hours from a school nurse (ages 11-19)

**Contact your GP:** talk about other options, or ask to be referred to the Viaduct Wellbeing Service (ages 11+)

**If you need support with LGBT issues:** start a webchat with a Proud Trust youth worker by visiting [www.theproudtrust.org/proud-connections](http://www.theproudtrust.org/proud-connections) (all ages)

**If you need support with an eating disorder:** talk to someone at BEAT by visiting [www.beateatingdisorders.org.uk/support-services](http://www.beateatingdisorders.org.uk/support-services) (all ages)

**If you need urgent help:** call Hopeline, available between 9am and midnight every day on 0800 068 4141 (ages 0-35)

Find more information by visiting:  
[bit.ly/under18support](http://bit.ly/under18support)



# Free apps for young people

These apps have been approved by the NHS and can be found on app stores.



## Calm Harm

This app has many functions that help reduce the urge to self-harm



## Catch It

Designed by the Universities of Manchester and Liverpool, this app uses psychological approaches to help you understand changes in your mood



## Sleepio

An app focused on sleep improvement which has been proven to help people fall asleep quicker. Get started by searching sleepio online and taking their sleep quiz



## Feeling Good

A collection of audio tracks which can help you feel better, lift your mood and recover from stress, anxiety and depression



## Think Ninja

Targeting 10-18 year olds, this app teaches you how to stay in control of your emotions and works on bettering your emotional and mental health (iOS only)