

If you need support outside school...

kooth.com

kooth

Your online mental wellbeing community

Free, safe and anonymous support

Watch our Kooth video

Join Kooth

childline.org.uk

call 0800 11 11

childline

Speak, Get Your Problem, Get It Right

Info and advice

Get support

giveusashout.org

text 'shout' to 85258



**URGENT
HELP!**

If you or someone else is in danger, call 999 or go to A&E. If you need help urgently for mental health, but it's not an emergency, get help from NHS 111 and select the mental health option.

If you or someone you know is having a mental health crisis, phone the Crisis Team on 0808 196 3779 to speak to a mental health professional 24/7

Calm Harm

Try the stem4 Calm Harm app. This is not a substitute for treatment but it can help to break the pattern whilst you wait for treatment or alongside treatment.

Calm Harm is the first clinician-developed app to help manage self-harm.

Calm Harm follows the principles of Dialectical Behaviour Therapy (DBT).

It is FREE* to download from the Apple Store and Google Play.



Clear Fear

Why not try the stem4 Clear Fear app?

Clear Fear is an app to help young people manage the symptoms of anxiety, developed by a clinician in collaboration with young people. The Clear Fear app uses evidence-based Cognitive Behavioural Therapy (CBT).

It is FREE* to download from the Apple Store and Google Play.

*stem4's apps remain free in the UK, but may be charged for elsewhere.



NottAlone

It's OK not to feel OK.

Local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.



nottalone.org.uk