

# Websites and Apps to support your


















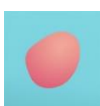
You might be feeling overwhelmed, sad, or confused about the outbreak of coronavirus and feel worried about yourself, or your family and friends.

Below we have listed some useful website links and apps to provide you with advice and support to help you look after your mental health and wellbeing during this time.

If you feel you need further support or counselling, please contact your Year Manager or our counsellor, Mel Mackenzie: email [melanie.mackenzie@bulwellacademy.org.uk](mailto:melanie.mackenzie@bulwellacademy.org.uk)

## We're here to help

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|--|---|--|---|--------------------------|
| ➤ <a href="http://actionforhappiness.org">actionforhappiness.org</a>   |    | What's Up                              |    | Thrive                   |
| ➤ <a href="http://childline.org.uk">childline.org.uk</a>   |   | Mood                                   |   | Chill Panda              |
| ➤ <a href="http://childline.org.uk/toolbox/calm-zone/#yoga">childline.org.uk/toolbox/calm-zone/#yoga</a>   |  | Mindshift                              |  | Happier                  |
| ➤ <a href="http://annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/">annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</a>   |  | Self-Help for Anxiety Management (SAM) |  | CBT Thought Record Diary |
| ➤ <a href="http://childline.org.uk/toolbox/calm-zone/">childline.org.uk/toolbox/calm-zone/</a>   |  | Podcasts                               |  | Happify                  |
| ➤ <a href="http://headspace.com/meditation/how-to-relax">headspace.com/meditation/how-to-relax</a>   |  | MeeTwo                                 |  | Smart Recipes            |
| ➤ <a href="http://headspace.com/articles/how-to-stop-worrying">headspace.com/articles/how-to-stop-worrying</a>   |  | Big White Wall                         |  | Sleepio                  |
| ➤ <a href="http://headspace.com/articles/how-to-relieve-stress">headspace.com/articles/how-to-relieve-stress</a>   |  | Catch it                               |  | Cove                     |
| ➤ <a href="http://itv.com/news/central/2020-03-17/self-isolation-protecting-your-mental-health-during-the-coronavirus-outbreak/">itv.com/news/central/2020-03-17/self-isolation-protecting-your-mental-health-during-the-coronavirus-outbreak/</a> |   |  |   |                          |
| ➤ <a href="http://kooth.com">kooth.com</a>   |   |  |   |                          |
| ➤ <a href="http://meetwo.co.uk">meetwo.co.uk</a>   |   |  |   |                          |
| ➤ <a href="http://mind.org.uk/information-support/coronavirus-and-your-wellbeing">mind.org.uk/information-support/coronavirus-and-your-wellbeing</a>   |   |  |   |                          |
| ➤ <a href="http://nhs.uk/oneyou/every-mind-matters/">nhs.uk/oneyou/every-mind-matters/</a>   |   |  |   |                          |
| ➤ <a href="http://nhs.uk/apps-library/category/mental-health/">nhs.uk/apps-library/category/mental-health/</a>   |   |  |   |                          |
| ➤ <a href="http://nhs.uk/conditions/nhs-fitness-studio/">nhs.uk/conditions/nhs-fitness-studio/</a>   |   |  |   |                          |
| ➤ <a href="http://themix.org.uk">themix.org.uk</a>   |   |  |   |                          |
| ➤ <a href="http://thehappynewspaper.com/">thehappynewspaper.com/</a>   |   |  |   |                          |
| ➤ <a href="http://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a>   |   |  |   |                          |