

## **Campion School-Helplines to support positive Mental Health and Wellbeing**

Talking things through usually helps! These lines are available if you need to talk to someone or if you feel at risk in any way.

**Papyrus:** Thinking about suicide, please call **0800 068 4141** or **TEXT 07786 209697**

**Bullying UK:** **0808 800 2222**

**Child Line:** Talk to a child line counsellor, no problem too big or small! **0800 1111**

**Samaritans:** Someone to listen 24/7 free of charge. **116 123** or **TEXT 07725 909090**

**Compass:** Support and advice for young people using substances. **0800 121 4043**

**Northants CAB:** Info/advice on issues facing young people: **03444111444**

**NSPCC:** If you feel you or someone you know is a victim of abuse. **0808 800 5000**

**Stonewall:** Support for anyone around issues of sexuality. **0800 0505 2020**

**Winston's Wish:** Helpline to support young people with the death of a loved one. **08088 020 021**

### **Apps**

These free apps mean you can access support wherever you are!

**Stressheads:** Support to lower our stress levels.

**Stay Alive:** Support to those who may experience suicidal thoughts/feelings.

**Self Help Anxiety Management (Samapp):** Support and techniques to help manage anxiety and panic.

**Moodometer:** Created by the NHS. Allows you to track your moods and what has influenced it. Also provides ways to lift your mood.

**Calm Harm:** Activities to assist in the management of self-harm.

**Grief support for young people:** Information about grief, bereavement and the feelings we may experience when we lose a loved one.

**Insight Timer:** A large collection of free guided exercises to help relieve stress, improve relaxation and wellbeing.

**Calm:** A large collection of exercises designed to calm us down.

**Winston's Wish:** Helpline to support young people with the death of a loved one. **08088 020 021**

**Youtube** can be used to access thousands of free videos which can help us improve our wellbeing. Some suggested search terms might be:

**Progressive muscle relaxation**

**Guided mindfulness**

**Stress relief**

**Guided sleep exercise**

**Guided meditation**

**Guided relaxation**

**Letting go of anger**

### **Websites**

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.compass.org.uk](http://www.compass.org.uk)

[www.nshn.co.uk](http://www.nshn.co.uk)

National self-harm network

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Info on self-harm/abuse

[www.stonewall.org.uk](http://www.stonewall.org.uk)