










	Mindshift App	Helps teens cope with anxiety Strategies and tools to help deal with everyday anxiety.		No Panic	Talk to online counsellors about panic or anxiety www.nopanic.org.uk
	Smiling Mind App	Mindfulness meditation Free app developed by psychologists and educators for young people aged 7-18.		Citizens Advice	The advice people need for the problems they face and improve the policies and practices that affect people's lives www.citizenadvice.org.uk
	The Mix	Support for Under 25s emotional and mental health. Trusted by the NHS https://www.themix.org.uk/mental-health		Childline	Phone, text and online support with trained counsellors www.childline.org.uk
	Happy Not Perfect App	Supported by science. Designed by people Includes simple exercises to help with mental wellbeing		Kooth	Kooth offers free, safe, anonymous support https://www.kooth.com/
	What's up? App	Cognitive Behavioural Therapy Techniques Using a mixture of CBT to help support		Mind	Information line www.mind.org.uk
	Mind Ed	MindEd is a free educational resource on children and young people's mental health for all adults https://www.minded.org.uk/		Shout Text 85258	Mental health support offered 24/7 via text messaging service https://www.giveusashout.org

	Young Minds	Strategies, support and help for children and young people suffering with their mental health. https://youngminds.org.uk/		Frank	If you are taking drugs or are thinking about taking them then Frank can educate you on the implications. www.talktofrank.com
	NHS	Includes a Mood-self assessment and audio guides for a range of mental health conditions https://www.nhs.uk/conditions/stress-anxiety-depression/		Every Mind Matters	Information and Advice on how you can help others struggling with Mental Health https://www.nhs.uk/oneyou/every-mind-matters/helping-others/
	Live Well Cheshire West & Chester and NHS	Support and information services in Cheshire West and Chester https://livewell.cheshirewestandchester.gov.uk/		Mental Health Foundation	Part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak. https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak