



Useful online supports for the mental health of Children and Young People

Kooth is a free, safe non-judgmental and anonymous online mental health support platform for young people. Counsellors are available to provide on-line support Monday – Friday 12pm – 10pm and Saturday – Sunday 6pm – 10pm. It can be accessed at <https://www.kooth.com/>

Stay Alive is a free suicide prevention app that helps users to stay safe from acting on their thoughts of suicide. More information can be found here: [Stay Alive Suicide Prevention App](#)

Self-help Anxiety Management is an app which helps users track the things that make them feel anxious. **Available on the google play or Apple store.**

Moodometer is an NHS app that allows users to understand influences behind their mood. **Available on the google play or Apple store.**

Support for Young People is an app for young people aged 11-25 who need support because of bereavement. Information can be found here: [child bereavement uk](#)

Calm Harm is an app that helps users manage urges to self-harm. Website is here: [calm harm](#)