





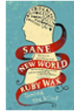





YAMS SUPPORT SUGGESTIONS

	Adults	Kids/Young Adults
Apps 	 Woebot Chat app that helps users with everyday stress and challenges such as depression and anxiety.  my possible self: MH APP Mental health app that uses clinically proven content to reduce symptoms of low mood, anxiety and stress.  Catch it Learn to turn negative thoughts into positive ones and improve your mental wellbeing.	 CALM HARM Provides tasks to help you resist or manage the urge to self-harm.  Breathe Kids Helps kids to develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.  Mindful Powers Kids holistic approach app that helps young minds learn and practice mindfulness so they can respond better to stress.
Books (Can be purchased online) 	 Reasons To Stay Alive: A moving, funny and joyous exploration of how to live better, love better and feel more alive.  Sane New World: Ruby Wax explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress.	 Lucy's Blue Day: A book for young kids to help them understand their feelings and emotions.  Tomorrow I'll Be Brave: Reminds readers that tomorrow is another day, full of endless opportunities to do their best & be brave.
Websites 	www.elament.org.uk www.samh.org.uk www.mind.org.uk www.stresscontrol.org www.begambleaware.org www.refuge.org.uk (domestic violence)	www.winstonswish.org www.papyrus-uk.org www.childline.org.uk www.youngminds.org.uk www.thebigwhitewall.com www.young.scot/get-informed
Podcasts 	Fearne Cotton: Happy Place Brave Your Day Mentally Yours Bryony Gordon's Mad World Mental Wellbeing Audio Guides (on NHS Website)	The Talking Change Child and Mind A Girl I Know (self esteem & anxiety) It's All In The Mind Emerging Minds Keep CAMHS and Carry On
Telephone 	Anxiety UK: 03444 775 774 Samaritans: 116 123 Silverline (for elderly): 0800 470 8090 CALM (for men): 0800 58 58 58 No Panic: 0844 967 4848 Marie Curie (bereavement) 0800 090 2309 Refuge: (dom. violence) 0808 2000 247 Breathing Space: 0800 83 85 87	Papyrus: 0800 068 4141 Beat (Eating Disorders) 0808 808 1111 Young Minds: 0808 802 5544 Childline: 0800 1111 Winstons Wish: 08088 020 021 (support for bereaved kids)