








Digital Resources to Support Young People's Mental Health & Wellbeing

NHS Ayrshire & Arran's Population Mental Health Leadership Group has identified examples of online resources to support mental wellbeing of young people; we do not endorse or recommend particular resources, and encourage you to carefully explore resources before you use them (April 2017)

Apps	<p>Well Mind</p>  <p>WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing</p>
	<p>Exam Stress</p>  <p>This app is for people who suffer from exam anxiety or from feeling stressed during their studies. The app is developed by the Student Counselling Service, who on a daily basis helps students all over the country with psychological and social problems. It derives from many years of experience in helping students to manage their exam anxiety.</p>

Websites	<p>Hands on Scotland</p>  <p>This Toolkit is a resource for anybody working with or caring for children and young people. It gives practical information and tools to help you respond helpfully to troubling behaviours and to help children and young people to flourish. Available at: http://handsonscotland.co.uk/topics/troubling_behaviours_topic_frameset_list.htm</p>
	<p>Aye Mind</p>  <p>Aims to improve the mental health and wellbeing of young people by making better use of the internet, social media and mobile technologies. They are working with young people aged 13 to 21 to create and share a wide range of resources. They are also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing. Available at: http://ayemind.com/</p>
	<p>Mind Ed</p>  <p>Offers free, completely open access, online education in over 300 topics. The e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings. Our aim is to provide simple, clear guidance on children and young people's mental health, wellbeing and development to any adult working with children, young people and families, to help them support the development of young healthy minds. Available at: https://www.minded.org.uk</p>
	<p>Young Minds</p>  <p>Supports and informs professionals who work with children or young people, whether through paid employment or voluntary work. They provide reliable information about common mental health and behaviour concerns in children and young people: symptoms; possible causes; what you can do to help; other resources and organisations you can contact for support. Available at: http://www.youngminds.org.uk/training_services</p>
	<p>Cool Heads</p>  <p>This booklet is especially for young people as they can experience and have to cope with different types of stress than adults. It looks at the kind of things that might be stressful to those aged between 12-16 year olds, and offers advice on how to deal with their feelings. Available at: http://www.healthscotland.com/uploads/documents/1485-CoolHeads_1.pdf</p>
	<p>The topics covered by the above websites include:</p> <ul style="list-style-type: none"> <li style="display: inline-block; width: 30%;">• Domestic/Physical Abuse <li style="display: inline-block; width: 30%;">• Bullying & Cyber Bullying <li style="display: inline-block; width: 30%;">• Drugs and Alcohol <li style="display: inline-block; width: 30%;">• Anxiety & Depression <li style="display: inline-block; width: 30%;">• Body Image & Eating disorders <li style="display: inline-block; width: 30%;">• Childhood Sexual Abuse and Rape <li style="display: inline-block; width: 30%;">• Bereavement <li style="display: inline-block; width: 30%;">• Carers <li style="display: inline-block; width: 30%;">• LGBT <li style="display: inline-block; width: 30%;">• Self Harm

Help Lines	<p>Samaritans Contact free on: 116 123 Visit Website: http://www.samaritans.org/</p>	<p>Child line Contact free on: 0800 1111 Visit Website: https://childline.org.uk/</p>
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