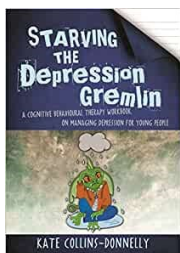
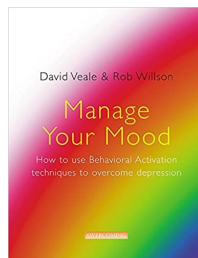


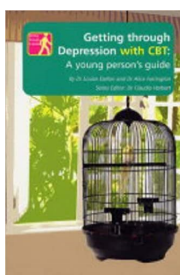
Books



Starving the Depression Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Depression for Young People
Kate Collins-Donnelly



Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression
David Veale and Rob Wilson



Getting through Depression with CBT: A Young Persons Guide
Alice Farrington and Louise Dalton

Numbers



Samaritans - 116 123 Confidential emotional support 24/7

childline

ONLINE, ON THE PHONE, ANYTIME

Childline - 0800 1111 For Young people up to 19 years. Open 24/7

YOUNGMINDS

Text Young Minds Crisis Messenger - 85258, for free 24/7 support across the UK if you are experiencing a mental health crisis and you need urgent help

HOPELINEUK

HOPELine UK - 0800 068 41 41 For Young people up to 19 years. Open Mon-Fri 10am-10pm, weekends 2pm-10pm, bank holidays 2pm-5pm

Young Minds - 0808 802 5544

www.youngminds.org.uk

Text YM to 85258 (for crisis support) - A helpline for parents concerned about their child's wellbeing.

Themix - 0808 808 4994

www.themix.org.uk

Text 'THEMIX' to 85258 (for 24/7 crisis support) Mental health support for young people under the age of 25.

YOUNGMINDS



Useful Apps



In Hand - Using a traffic light system, In Hand acts as a digital friend to help you in times of stress or low mood.



WellMind - Free NHS mental health and wellbeing app designed to help with stress, anxiety and depression.



MoodTools – Depression Aid

Websites



Rethink Mental Illness - Website run by mental health charity.

www.rethink.org

MOODJUICE

MOODJUICE - Run by NHS Scotland, Moodjuice has a lot of helpful information for young people in crisis.

www.moodjuice.scot.nhs.net



Mind - Website run by mental health charity.