



## Digital Mental Health Support in Calderdale

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[Open Minds Website](#) provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children and young people who are going through a difficult time. This website is for children, young people, parents, carers and professionals.

[Time Out](#) offers children and young people a space to be themselves, relax, socialise and do something for the. It offers information on issue based workshops and activities such as dance, singing, drama, arts, crafts and sports. It's available to those aged 10 - 19 and encourages young volunteers to help steer and co-produce the training material and activity workshops.

[Kooth](#) provides free, safe and anonymous online support all year-round from qualified professional counsellors. It's available to those aged 11 to 18 and accessible via a PC, laptop, tablet or smartphone. The anonymous, stigma-free service offers immediate support to users straight after registration, with no waiting lists.

[Brain in Hand App](#) gives easy access to personalised support from your mobile phone. This app is used by people with autism or people struggling with their mental health. The software is packed with features to help remember activities, reduce anxiety and feel supported. Brain in Hand is accompanied by a telephone mentor service to offer help when needed.



## National Resources

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There are also lots of information and advice for children and young people on mental health and this is available via the [NHS Choices Youth Mental Health Hub](#) and the [NHS Apps Library](#) along with the [Big White Wall](#), which is an anonymous online community designed to help people who are struggling to cope. Additionally [Young Minds](#), [Student Minds](#) and [Epic Friends](#) have lots of great advice and resources that you can access.

[Youth Mental Health First Aid Kit](#) is also available to download which has been created by CHILYPEP

If you are a young person looking for further information on a particular mental health issue then the Royal College of Psychiatrists has lots of factsheets on their page [here](#) and if you still can't find anything that is suitable then why not try looking through the **National Youth Wellbeing Directory** which can be found on the website for children and young people called [On My Mind](#). This website aims to empower young people to make informed choices about the support they want, the treatments they receive and the outcomes they desire. On My Mind was co-produced with young people.

TAKE CARE



OF YOURSELF