

Digital Resources for CYP Mental Health & Emotional Wellbeing

Name	Format	Sub-speciality	Audience	Comments
Ambition	Website	Confidence	CYP	Inspiring and encouraging young people to achieve, improving health & wellbeing by developing confidence, life skills and resilience
BBC	Website	PHSE	Professionals	Personal well-being of resources that can be utilised by teachers and adults to use with young people
Care Monkeys	Website/app	Access & Support	CYP	Place to get advice and knowledge of services available locally in Hull
Childline	Website/App	Mental Health	CYP	Free and confidential health line for young people, plus email and instant chat service. Advice, information and help on a range of emotional health issues. App called Zipit re sexting.
Childnet	Website	Online Safety	CYP	Practical advice and teaching activities to help teaching staff explore e-safety with young people with autistic spectrum disorders in Key Stage 3 and 4. Plus information on staying safe on line for parents, young people and teachers.
Cyberbullying Taskforce	Campaign	Cyberbullying	All	The Duke of Cambridge is to lead tech giants Snapchat, Facebook and Google in an effort to combat cyberbullying among children and young people. See also #LifeOnTheWeb
Cybersmile	Website	Online bullying	CYP	Tackling on-line bullying and hate campaigns. Support, help and advice for young people, parents/carers and professionals. Email and twitter service to ask questions, plus helpline service.
Fixers	Website	Mental Health	CYP	Website where young people tackle mental health issues
Forward Leeds	Website	Alcohol & Drugs	CYP	Confidential service which helps everyone whose lives are being affected by alcohol or drug problems. They educate, offer advice and training to young people, parents, carers, teachers and those who work with children and young people.
Get Connected	Helpline	Helpline	CYP	UK's free, confidential and multi-issue helpline service for young people under 25 who need help, but don't know where to turn.
Headspace	Website/App	Mental Health	CYP	Created a phone app for young people to help them learn meditation and relaxation techniques.
Healios	psychological intervention services	Online counselling	CYP	In summary, Healios provide clinician led, evidence based, psychological intervention services and use digital technology to ensure people get the right care at the right time for improved outcomes. mike.catton@healios.org.uk

Howareyoufeeling?	Website	Mental Health	CYP	How are you feeling is a mental health and wellbeing site that has been co-designed with young people from Hull on behalf of the NHS Hull CCG. The aim of the site is to help children, young people and their families to understand emotional and mental health issues, to promote self-help tips and techniques, and to help to make the 'system' easier to navigate within local services. The main target audience is children and young people.
KOOOTH	Website	Online counselling	CYP	1:1 online counselling service 11 - 25yr old, can escalate to recommend face-face. 24/7. Commissioned in Wakefield and North East Lincs.
Life-Central	Website	Mental Health	CYP	A website developed by North Lincs to act as a free emotional health and wellbeing resource for young people. There is also an app – search for 'Life Central'.
MindEd	Website	Mental Health	Families & Professionals	A website for families and professionals providing information and online training on a range of issues
MindMate	Website	Mental Health	CYP	Comprehensive website covering multiple aspects of cyp mental health and emotional wellbeing in Leeds
MoodGYM	Website	Self-Help	CYP	MoodGYM is an interactive web program designed to prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.
Moodjuice	Website	Mental Health	CYP	Self-help resources on issues such as anxiety, depression and bereavement. Also information for parents/carers and professionals
MyMind	Website/App	Mental Health	CYP	Developed by North East London Foundation Trust (NELFT) this app enables young people to complete their own outcome measures and instant message with clinicians, all while automatically updating the electronic patient record.
On Your Mind	Website	Mental Health	CYP	The NHS in Gloucestershire has launched a website aimed at helping young people explore and seek help for their mental health problems. The website, onyourmindglos.nhs.uk, addresses a wide range of issues, such as bullying, alcohol problems and abuse.
Papyrus	Website	Suicide	CYP	A site set up to help prevent suicides in young people up to age of 35.
Place2Be	Website	Mental Health	Schools	National charity providing emotional support to children in schools
Record Recovery	App	Eating Disorders	CYP	Record Recovery is designed specifically for people overcoming an eating disorder.
School Wellbeing	Website	Training	Professionals	A website developed in Leeds by the emotional wellbeing and mental health support team in Leeds City Council and is aimed at professionals, particularly those in education
Smiling Mind	App	Mental Health	CYP	Its programs are divided by age, starting at 7-11 years.
Stem4	Website	Mental Health	CYP	A website covering eating disorders, self-harm, depression and anxiety, and addiction
StopStigma	Website	Anti-Stigma	Schools	Classroom based resources for secondary schools that help address mental health stigma and raise awareness.

TalktoFrank	Website	Drugs	CYP	Advice on drugs. Plus safety on 'legal highs'. Chat facility, phone line. Live chat, email, phone and text service
The Mix	Website	Mental Health	CYP	Site for young people, written by young people with expert advice. Covers lots of mental health topics.
Volition	Website	Mental Health	Third Sector	Network of third sector, not-for-profit organisations that support people's mental health and wellbeing in Leeds.
Young Minds	Website	Mental Health	CYP	Advice for young people, parents/carers and training for professionals. Parent helpline available. Also run #LifeOnTheWeb campaign.

If you think something needs adding to list please contact laura.whixton@nhs.net

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