



# Westside Medical Centre

## Mental Health Resources for Children and Young People

### APPS



#### Chill panda

learn to relax, manage your worries and improve your wellbeing with Chill Panda.



#### Calm harm

a free app to help teenagers manage the urge to self-harm.



#### distrACT

distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.



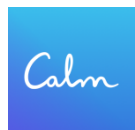
#### Action for Happiness

The app is like having a little personal action coach in your pocket who:

Gives you friendly 'nudges' with an action idea each day

Sends you inspiring messages to give you a boost

Helps you connect & share ideas with like-minded people



#### \*Calm

Calm is a #1 app for sleep and meditation

\*charge applies, some apps and websites have a free trial period or some free content

### WEBSITES

#### LIVING LIFE TO THE FULL FOR YOUNG PEOPLE - [www.llttfyp.com](http://www.llttfyp.com)

Covering key topics and life skills needed by young people.

#### THE MIX (under 25yrs) - [www.themix.org.uk](http://www.themix.org.uk)

THE MIX is the UK'S leading support service for young people. There to help you take on any challenge you're facing. Talk via online, social or free confidential helpline.

#### HAPPYMAPS - [www.happymaps.co.uk](http://www.happymaps.co.uk)

Signposts of reliable resources recommended by parents and professionals for children of all ages.

#### MOODGYM\* - [www.moodgym.com.au](http://www.moodgym.com.au)

moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

#### STAYING SAFE - [www.stayingsafe.net](http://www.stayingsafe.net)

Information about how to make a Safety Plan can be found on this website for anyone struggling with suicidal thoughts or supporting someone else. It's designed to offer hope, compassion and practical ideas on how to find your own way forward

#### DON'T PANIC (AUDIO SELF-HELP GUIDES) -

[www.covwarkpt.nhs.uk/dont-panic](http://www.covwarkpt.nhs.uk/dont-panic)

advice and downloadable audio self-help guides

### Phone & Messenger lines

The Mix line 0808 808 4994

or

text THEMIX to 85258

Child line

0800 1111

Papyrus hope line

800 068 4141

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