



# Available Support and Wellbeing

**headspace**

**Calm**

**WellMind**  
*Your mental health & wellbeing app*

**Phone Apps**

**kooth**

Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

**shout**  
**85258**

**Texting/ chatroom Support**

PEER PRESSURE SEXUALITY  
LOW HOME LIFE  
MOOD REDUCED APPETITE  
QUERYING YOUR IDENTITY  
PANIC CYBERBULLYING  
ATTACKS CONTRACEPTION  
SEXUAL HEALTH SLEEP

NHS Humber Teaching NHS Foundation Trust

**07507 332 891**

**Websites**

**NHS**

Discover simple steps to look after **your mental health**

Search every mind matters

**every mind matters**

**YOUNGMINDS**  
The voice for young people's mental health and wellbeing

Parents Helpline: 0808 802 5544  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

@YoungMindsUK