

Other resources you can look at – please note that not all of these will be applicable to your circumstances but that some of them can be helpful in managing short term emotional difficulties.

- **Apps:** These apps might be useful in helping you manage your difficulties. They will be available on most smart phones.
 - What's up? - a free app designed to help you cope with Depression, Anxiety, Anger, Stress and more
 - Head Space – an app to help you reframe stress using mindfulness. Relax with guided meditations and mindfulness techniques.
 - Smiling Mind – a free app to help you reframe stress using mindfulness. Relax with guided meditations and mindfulness techniques
 - Calm Harm – A free app that provides tasks that help to distract you, and manage the urge to self-harm.
 - Woebot – A free app that provides a therapy chat-bot who helps you monitor your moods and learn more about yourself.
 - Molehill Mountain – An app to help autistic people understand and self-manage anxiety.
 - Beat Panic – Overcome panic attacks and anxiety wherever you happen to be
 - Big White Wall – Get round the clock support from therapists to help you cope with stress and anxiety
 - Blue Ice – This app helps young people manage their emotions and reduces urges to self harm
 - Catch It – Learn to manage negative thoughts and look at problems differently
 - DistrACT – Quick and discreet access to information and advice about self harm and suicidal thoughts
 - Feeling Good – Positive Mindset – Use audio tracks to help relax your body and mind and improve your confidence
 - My Possible Self: The Mental Health App – Learn how to manage fear, anxiety and stress and tackle unhelpful thinking
 - Silver Cloud - An eight week course to help manage stress, anxiety and depression at your own pace
 - Stress & Anxiety Companion – Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts
 - Thrive – Use games to track your mood and teach yourself methods to take control of stress and anxiety
- **W/ Websites** The following websites you may find informative:-
 - Mood Juice (www.moodjuice.scot.nhs.uk) – Provides self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems.
 - Anxiety BC (www.anxietybc.com) – Online resource providing self-help information.
 - Young Minds (www.youngminds.org.uk) – Mental Health Charity committed to improving children's wellbeing and mental health.
- **Text-lines**
 - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope. If you need immediate help text Shout to 85258 or visit giveusashout.org
- **Phone Lines**
 - Samaritans - Whatever you're going through, a Samaritan will face it with you. They're available 24 hours a day, 365 days a year. Call 116 123 for free,

- **Road to Wellbeing (Aneurin Bevan University Health Board)**

This website and the courses are appropriate for young people over the age of 13

The Road to Well-being website has lots of practical, useful information about coping with stress, anxiety or depression, or just generally improving your mental well-being. visit www.wales.nhs.uk/roadtowellbeing to find out more.

The website also has details on two courses available: “**Stress Control**” and “**Activate Your Life**” are two courses, run in a non-interactive, lecture-style format for anyone that would like to develop skills that enable them to “be their own therapist”, control stress and live a more meaningful life.

You can access leaflets about these courses on the Road to Wellbeing Website by clicking on **About our Courses** and then by downloading the two leaflets at the bottom of the page. Dates of the courses are available on the same website by clicking **Dates of Courses**. For any queries about either courses please contact 0300 053 5596

- **Additional Needs Support**

- Magic -Working in Monmouthshire and the surrounding areas to support children and young people with disabilities and their families.

Facebook – MAGIC Parent and Carers Network

MagicParentsAndCarers@yahoo.co.uk

Twitter - @MAGICParents