

# AREA 43

<b>ADDICTION / SUBSTANCES</b>		
Addaction	Provides information about drug and alcohol problems.	<a href="http://www.addaction.org.uk">www.addaction.org.uk</a>
Al-Anon	Support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.	<a href="https://www.al-anonuk.org.uk/">https://www.al-anonuk.org.uk/</a> 0800 0086 811
Coap	Support (including online counselling) for CYP affected by a parental addiction.	<a href="http://www.coap.org.uk">www.coap.org.uk</a>
Drinkaware	An independent charity working to reduce alcohol misuse and harm in the UK.	<a href="https://drinkaware.co.uk/">https://drinkaware.co.uk/</a>
Frank	Drug information and support	0300 1236600 / Text 82111 <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>
NACOA	The National Association for Children of Alcoholics	0800 358 3456 <a href="http://www.nacoa.org.uk/">http://www.nacoa.org.uk/</a>
Smart Recovery	Helping individuals recover from any addictive behaviour and lead meaningful & satisfying lives; using a science-based therapeutic programme of training.	<a href="https://smartrecovery.org.uk/">https://smartrecovery.org.uk/</a>
<b>ADVOCACY</b>		
Meic	Confidential, anonymous helpline offering support and advocacy for people aged up to 25 living in Wales.	Support line (0800-0000): 0808 80 23456 Text support: 84001 <a href="http://www.meiccymru.org">www.meiccymru.org</a>
Tros Gynal Plant (TGP)	Advocacy service for families	<a href="https://www.tgpcymru.org.uk/">https://www.tgpcymru.org.uk/</a>
<b>ANXIETY</b>		
Anxiety UK	Live chat and email support for CYP experiencing anxiety.	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
Chill Panda	App with games to help manage heart rate and anxiety	<a href="http://chillpanda.co.uk/">http://chillpanda.co.uk/</a>
Clear Fear	App for teenage mental health using CBT to focus on learning to reduce the physical responses to threat.	<a href="https://www.clearfear.co.uk/">https://www.clearfear.co.uk/</a>
Comforting Anxious Children	Tools to support children and young people with anxiety	<a href="https://www.comfortinganxiouschildren.com/">https://www.comfortinganxiouschildren.com/</a>
MindShift CBT	Cognitive Behavioural Therapy (CBT) to help relax and be mindful, develop more effective ways of thinking and actively take charge of anxiety.	<a href="https://www.anxietycanada.com/resources/mindshift-cbt/">https://www.anxietycanada.com/resources/mindshift-cbt/</a>
SAM	A friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.	<a href="http://sam-app.org.uk/">http://sam-app.org.uk/</a>
WorryTree	Helps you record, manage and problem solve your worries and anxiety based on Cognitive Behavioural Therapy (CBT) techniques.	<a href="https://worry-tree.com/">https://worry-tree.com/</a>

<b>BEREAVEMENT / GRIEF</b>		
Apart of Me	Providing young people with a safe space to grieve, where they can hear from others who know how it feels and find strength and wisdom.	<a href="https://apartofme.app/">https://apartofme.app/</a>
Cruse Bereavement Care	Support after the death of a loved one.	Support line (09:00–17:30): 0808 808 1677 <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
Grief Encounter	Supporting bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.	<a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a> 0808 802 0111 Live Chat option
Hope Again	Cruse Bereavement Care's website for young people.	<a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a>
Winston's Wish	Supporting children and young people after the death of a parent or sibling.	Freephone National Helpline 08088 020 021 <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a>
<b>BULLYING</b>		
Beat Bullying	A nation-wide charity which is dedicated to Providing support around all aspects of bullying, including online bullying and its effects on a young person's mental health.	<a href="http://www.beatbullying.org">www.beatbullying.org</a>
Bully Busters	Providing support and advice for victims of bullying and their families.	Helpline 0800 169 6928 <a href="https://www.bullybusters.org.uk/">https://www.bullybusters.org.uk/</a>
Ditch the Label	One of the largest anti-bullying charities in the world. You can talk to us about bullying and anything else that you have on your mind for advice and support. We don't just talk about bullying, we also talk about things that are connected such as body image, mental health and sexuality.	<a href="https://www.ditchthelabel.org/">https://www.ditchthelabel.org/</a>
<b>COMMUNICATION</b>		
I CAN's Talking Point	Gives parents/carers and practitioners information to help children develop their speech, language and communication skills.	<a href="https://ican.org.uk/">https://ican.org.uk/</a>
<b>CRISIS</b>		
The Samaritans	A confidential helpline which offers support and advice to those in emotional distress.	116 123 <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
SHOUT	The UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	TEXT SHOUT TO 85258 <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>
<b>DEPRESSION</b>		
Depression Alliance	Information on depression for children, young people and parents.	<a href="http://www.depressionalliance.org.uk">www.depressionalliance.org.uk</a>
Mood Tools	Feeling sad or depressed? Lift your mood with MoodTools for free.	<a href="https://www.moodtools.org/">https://www.moodtools.org/</a>
My CAMHS Choice	Information for CYP on depression.	<a href="http://www.mycamhschoices.org">www.mycamhschoices.org</a>
Students Against Depression	Information, advice and real-life stories specifically, for students struggling with depression.	<a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a>
<b>DOMESTIC ABUSE / VIOLENCE</b>		

ankind	Helpline for male victims of domestic abuse/domestic violence across the UK.	01823 334244 <a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a>
Freedom Charity	Freedom was established to save the lives of vulnerable children and young people who are at risk of, or are subjected to violent crimes, Female Genital Mutilation, dishonour-based violence and forced marriages throughout the UK.	<a href="https://www.freedomcharity.org.uk/">https://www.freedomcharity.org.uk/</a>
Galop	Advice, support and advocacy to people who have experienced hate crime, domestic abuse and sexual violence.	0800 999 5428 <a href="http://www.galop.org.uk/">http://www.galop.org.uk/</a>
Refuge	Supporting those who have experienced violence and abuse	0808 2000 247 <a href="https://www.refuge.org.uk/">https://www.refuge.org.uk/</a>
The Hideout	Created by Women's aid to support Children and young people, providing information about domestic violence that's easy to read and understand.	<a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a>
Women's Aid	The national charity working to end domestic abuse against women and children.	<a href="https://www.womensaid.org.uk/">https://www.womensaid.org.uk/</a>
<b>EATING DISORDERS</b>		
Beat Charity	Providing helplines, online support and self-help groups on all types of eating disorders.	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
<b>EXCLUSION / SCHOOL REFUSAL</b>		
Red Balloon	Supports young people who self-exclude from school because of bullying or other trauma.	<a href="http://www.redballoonlearner.org/">http://www.redballoonlearner.org/</a>
<b>FAMILIES</b>		
Anna Freud National	This is a children's charity dedicated to providing Centre for Children training and support for child mental health and Families services.	<a href="http://www.annafreud.org">www.annafreud.org</a>
Gingerbread	Information to help single parents support themselves and their family.	<a href="https://www.gingerbread.org.uk/">https://www.gingerbread.org.uk/</a>
Henry	Supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities.	<a href="https://www.henry.org.uk/">https://www.henry.org.uk/</a>
SIBS	Supporting people who grow up with or have grown up with a disabled brother or sister.	<a href="https://www.sibs.org.uk/">https://www.sibs.org.uk/</a>
Relate	Relationship support	<a href="https://www.relate.org.uk/">https://www.relate.org.uk/</a>
Young Minds Parentline	Offers information and advice to anyone worried about a child or young person under the age of 25.	0808 802 5544

<b>GAMBLING</b>		
Big Deal (Gam Care)	GamCare is the leading source of information, advice and support for anyone affected by problem gambling.	<a href="https://www.bigdeal.org.uk/">https://www.bigdeal.org.uk/</a>
<b>GENERAL</b>		
Big White Wall	Moderated, peer-support digital community that encourages you to be open about what is on your mind, learn more about yourself and work through what is troubling you. For those aged 16+	<a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a>
Childline	Help and advice about a wide range of issues for up to 19yrs, talk to a counsellor online, games, 1:1 chat, message boards etc.	Support line (24hr): 0800 11 11 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Get Self Help	Worksheets and resources for anyone wanting self help strategies	<a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>
Happify	Innovative technology to empower individuals to lead happier, more fulfilling lives.	<a href="https://www.happify.com/">https://www.happify.com/</a>
MeeTwo	Free, fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. Social support that builds confidence, increases wellbeing and promotes emotional resilience.	<a href="https://www.meetwo.co.uk/">https://www.meetwo.co.uk/</a>
Mindfull	An online based service for young people aged 11-17 providing support, information and advice and online chat room	<a href="http://www.mindfull.org">www.mindfull.org</a>
My Possible Self	Interactive learning modules and Mood Tracker based on proven psychological methods such as cognitive behavioural therapy and positive psychology, all created to equip you with the skills you need to navigate your way through life.	<a href="https://www.mypossibleself.com/">https://www.mypossibleself.com/</a>
Night Line	A listening service for students, provided by trained students	<a href="http://www.nightline.ac.uk">www.nightline.ac.uk</a>
NSPCC	A UK leading charity which helps to prevent Childhood abuse. They offer support over the phone.	0808 8025544 <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
SELF	Resource site for all your burning questions	<a href="https://www.self.com/">https://www.self.com/</a>
The Mix	Free information and support for under 25s in the UK. Get advice about mental health issues, sex, relationships, drugs, money and jobs.	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Victim Support	Free, confidential and tailored support for people affected by crime or traumatic events	<a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a>
<b>HEALTH</b>		

NHS Go	A confidential health advice and information App for 16-25 year olds.	<a href="https://nhsgo.uk/">https://nhsgo.uk/</a>
Saagara	Apps for increasing athletic performance, decreasing stress and blood pressure, improving overall health and raising consciousness. Some may require a fee	<a href="https://www.saagara.com/">https://www.saagara.com/</a>

<b>HEARING VOICES</b>		
Voice Collective	Resources for young people who hear, see and sense things that others don't.	<a href="http://www.voicecollective.co.uk">www.voicecollective.co.uk</a>
<b>LGBTQ++</b>		
Broken Rainbow UK	National LGBT - Domestic Violence Helpline provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them.	0300 999 5428 <a href="https://www.brokenrainbow.org.uk/">https://www.brokenrainbow.org.uk/</a>
EACH	Educational Action Challenging Homophobia, Biphobia and Transphobia	<a href="https://each.education/">https://each.education/</a>
Gendered Intelligence	Working with the trans community and those who impact on trans lives; we particularly specialise in supporting young trans people aged 8-25.	<a href="http://genderedintelligence.co.uk/">http://genderedintelligence.co.uk/</a>
LGBT Foundation	Supporting the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. We believe in a fair and equal society where all LGBT people can achieve their full potential.	0345 3 30 30 30 <a href="https://lgbt.foundation/">https://lgbt.foundation/</a>
Mermaids	one of the UK's leading LGBTQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.	<a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a>
Stonewall Cymru	Information and support for LGBT communities and their allies.	FREEPHONE 0800 0502020 Lines are open 9:30 - 4:30 Monday to Friday. <a href="https://www.stonewallcymru.org.uk/">https://www.stonewallcymru.org.uk/</a>
Stonewall Youth	Supporting all young lesbian, gay, bi and trans people – and those who are questioning. Empowering all young people, regardless of their sexual orientation or gender identity.	<a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a>
<b>LONELINESS</b>		
TalkLife	Mental health apps that offer a way to get instant support right now. Communities that are there when you need it and for as long as you need it; millions of other people just like you.	<a href="https://www.talklife.co/">https://www.talklife.co/</a>
Wisdo	Discover people you can benefit from connecting to, based on shared experiences	<a href="https://wisdo.com/">https://wisdo.com/</a>
Elefriends	A supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.	<a href="https://www.elefriends.org.uk/">https://www.elefriends.org.uk/</a>

Epic Friends	This site is all about helping you to help your friends who might be struggling to cope emotionally	<a href="https://epicfriends.co.uk/">https://epicfriends.co.uk/</a>
Get Connected	Support and signposting for young people under the age of 25. Telephone, email, text and web-chat support.	<a href="http://www.getconnected.org.uk">www.getconnected.org.uk</a>
<b>CARE EXPERIENCE</b>		
CORAM Voice	Support for children and young people in care and care leavers.	<a href="https://coramvoice.org.uk/">https://coramvoice.org.uk/</a>
<b>MENTAL HEALTH / WELLBEING</b>		
Bipolar UK	Information on bipolar disorder, e-community support groups and they have a specific young people's project.	<a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>
CAMHS in reach (CIRS)	Ceredigion only - Access through Schools	
Catch It (Mood Tracker)	Using principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).	<a href="https://www.liverpool.ac.uk/csd/app-directory/catch-it/">https://www.liverpool.ac.uk/csd/app-directory/catch-it/</a>
Cove	Improve your mental health by making music	<a href="http://www.cove-app.com/">http://www.cove-app.com/</a>
Doc Ready	Prepares CYP for their first visit to their GP about mental health.	<a href="http://www.docready.org">www.docready.org</a>
Head Meds	Information for young people around medication, mental health and life.	<a href="http://www.headmeds.org.uk">www.headmeds.org.uk</a>
Hub of Hope	A national mental health database listing organisations and charities, offering mental health advice and support.	<a href="https://chasingthestigma.co.uk/hub-of-hope/">https://chasingthestigma.co.uk/hub-of-hope/</a>
In Hand	An app that promotes awareness of mental wellbeing and could help you in a moment of anxiety or low mood.	<a href="http://www.inhand.org.uk/">http://www.inhand.org.uk/</a>
Mind	A national mental health charity providing lots of information and advice around mental health.	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
MIND Cymru	Welsh strand of MIND	Information line: 0300 123 3393 e-mail: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> <a href="http://www.mind.org.uk/about-us/mind-cymru">www.mind.org.uk/about-us/mind-cymru</a>
MindEd	A free educational resource on children and young people's mental health for all adults.	<a href="http://www.minded.org.uk">www.minded.org.uk</a>
OCD UK	Information and support around OCD, including online support forums.	<a href="http://www.ocduk.org">www.ocduk.org</a>
Rethink Mental Illness	Rethink Mental Illness provides sources of information, support and advice	<a href="http://www.rethink.org/youngpeople">www.rethink.org/youngpeople</a>
Sane	Lots of information on mental health, as well as telephone, email and text support. There is an online forum, for over 18s	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
Students Minds	UK student mental health charity which campaigns and offers peer support groups in universities across the country.	<a href="http://www.studentminds.org.uk">www.studentminds.org.uk</a>
The Youth Wellbeing Directory	A free online resource for young people up to the age of 24 which outlines local mental health services in their area.	<a href="http://www.youthwellbeing.co.uk">www.youthwellbeing.co.uk</a>
Time to Change	Real life stories and information about people's experiences with mental health.	<a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>

What'sUp?	App that provides daily tools that promote positive mental health and wellbeing for everyone	<a href="https://www.thewhatsupapp.co.uk/">https://www.thewhatsupapp.co.uk/</a>
Young Minds	Young Minds is a UK-wide charity committed to improving the emotional well-being and mental health of children and young people.	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>MINDFULNESS</b>		
Headspace	Meditation and mindfulness app.	<a href="http://www.headspace.com">www.headspace.com</a>
Smiling Mind	App for daily meditation and mindfulness exercises.	<a href="https://www.smilingmind.com.au/smiling-mind-app">https://www.smilingmind.com.au/smiling-mind-app</a>
<b>PANIC ATTACKS</b>		
No Panic	Support for people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders	Helpline - Everyday - 10:00am - 10pm 0844 9674848 <a href="mailto:info@nopanic.org.uk">info@nopanic.org.uk</a> <a href="https://nopanic.org.uk/">https://nopanic.org.uk/</a>
<b>RELATIONSHIPS</b>		
Rise Above	Useful information to get young people talking about the things that matter to them.	<a href="https://riseabove.org.uk/">https://riseabove.org.uk/</a>
Disrespect Nobody	Healthy Relationships Advice	<a href="https://www.disrespectnobody.co.uk/">https://www.disrespectnobody.co.uk/</a>
<b>SELF ESTEEM</b>		
Dove – Self Esteem Project	Helping young people all around the world build positive body confidence and self-esteem.	<a href="https://www.dove.com/uk/dove-self-esteem-project.html">https://www.dove.com/uk/dove-self-esteem-project.html</a>
<b>SEXUAL ABUSE / ASSAULT / RAPE</b>		
Lucy Faithful Foundation	Safeguarding children and young people from sexual abuse by preventing it and responding to it.	<a href="https://www.lucyfaithfull.org.uk/">https://www.lucyfaithfull.org.uk/</a>
Rape Crisis	National organisation offering support and counselling for those affected by rape and sexual abuse.	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) <a href="https://rapecrisis.org.uk/">https://rapecrisis.org.uk/</a>
Survivors UK	Support for boys and men who experienced rape and sexual abuse.	<a href="https://www.survivorsuk.org/">https://www.survivorsuk.org/</a>
New Pathways	Support services for anyone who has experienced trauma or sexual violence, whether recently or in the past.	<a href="http://www.newpathways.org.uk/">http://www.newpathways.org.uk/</a>
The Survivor's Trust	Specialist support for anyone who has survived rape, sexual violence or childhood sexual abuse.	08088 010818 <a href="https://www.thesurvivorstrust.org/">https://www.thesurvivorstrust.org/</a>
CEOP	A law enforcement agency keeping children and young people safe from sexual abuse and grooming online.	<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>
Standtall	Standtall helps women and girls who experience any type of abuse to find help and support	<a href="https://www.standtall.org/">https://www.standtall.org/</a>
Stop It Now!	Helpline for anyone with concerns about child sexual abuse.	0808 1000 900 <a href="https://www.stopitnow.org.uk/">https://www.stopitnow.org.uk/</a>
Safeline	Specialised charity working to prevent sexual abuse and supporting those affected in their recovery.	<a href="https://www.safeline.org.uk/">https://www.safeline.org.uk/</a>
<b>SEXUAL HEALTH</b>		
Brook	Sexual health & wellbeing for under 25s	<a href="https://www.brook.org.uk/">https://www.brook.org.uk/</a>
<b>SLEEP</b>		

Pzizz	App to help quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.	<a href="https://pzizz.com/">https://pzizz.com/</a>
Relax Melodies	App to help with sleep	<a href="https://www.relaxmelodies.com/">https://www.relaxmelodies.com/</a>
Sleepfulness	App with guided tracks to improve your sleep.	<a href="http://www.sleepfulnessapp.com/">http://www.sleepfulnessapp.com/</a>
<b>STALKING</b>		
Suzy Lamplugh Trust	Help and advice for victims of stalking	0808 802 0300 <a href="https://www.suzylamplugh.org/">https://www.suzylamplugh.org/</a>
<b>SUICIDE &amp; SELF INJURY</b>		
Better Stop Suicide	This is a free app using world-leading psychological techniques and technology to stop people from dying by suicide.	<a href="http://www.thebetterappcompany.com/app/suicide">www.thebetterappcompany.com/app/suicide</a>
BeyondNow	Free safety planning app.	<a href="http://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning">www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</a>
CALM	The Campaign Against Living Miserably (CALM) is leading a movement against suicide.	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>
Calm Harm	App with tasks to help you resist or manage the urge to self-harm. Password protected and can be personalised; you will be able to track your progress and notice change.	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>
Harmless	User led organisation, providing services about self-harm and suicide prevention - support, information, training and consultancy to people who self-harm, their friends, families, professionals and those at risk of suicide.	<a href="http://www.harmless.org.uk/">http://www.harmless.org.uk/</a>
Heads above the Waves	A not-for-profit organisation that raises awareness of depression and self-harm in young people.	<a href="http://hatw.co.uk">http://hatw.co.uk</a>
If u care, share	A range of services fundamental to prevention, intervention and supporting those bereaved by suicide.	0191 387 5661 <a href="https://www.ifucareshare.co.uk/">https://www.ifucareshare.co.uk/</a>
LifeSIGNS	User-led small charity creating understanding about self-injury. Guiding people who hurt themselves towards new ways of coping, when they're ready for the journey.	<a href="http://www.lifesigns.org.uk/">http://www.lifesigns.org.uk/</a>
National Advisory Group for Suicide and Self-harm Prevention	The National Advisory Group for Suicide and Self-harm Prevention brings together key stakeholders to advise the Welsh Government on key issues in relation to the reduction of suicide in Wales.	<a href="http://www.talktometoo.wales/about-us/nag">www.talktometoo.wales/about-us/nag</a>
National Self-Harm Network	Information and factsheets about dealing with self-harm.	<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
Papyrus UK <b>Opening hours:</b> 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays	If you are having thoughts of suicide or are concerned for a young person who might be you can contact for confidential support and practical advice.	HOPELINEUK: 0800 068 4141 Text: 07860039967 Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
Recover Your Life	Information and support around self-harm.	<a href="http://www.recoveryourlife.com">www.recoveryourlife.com</a>



Self-Harm	Information for professionals and young people around self-harming behaviour.	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
Stay Alive	An app that provides help and support to people with suicidal thoughts, or people worried about someone else.	<a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a>