**Wakefield CAMHS-approved apps**

**and websites**

Apps

* [**BlueIce**](https://www.nhs.uk/apps-library/blueice/)– an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue
* [**Calm Harm**](https://www.nhs.uk/apps-library/calm-harm/) - an app designed to help people resist or manage the urge to self-harm. It's private and password protected
* [**Clear Fear**](https://www.clearfear.co.uk/) - an app developed for teenage mental health charity stem4. It uses CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions
* [**Cove: music for mental health**](https://www.nhs.uk/apps-library/cove/) - instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.
* [**distrACT**](https://www.nhs.uk/apps-library/distract/) - gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention
* [**MeeTwo**](https://www.nhs.uk/apps-library/meetwo/) - provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships
* [**Self Help for Trauma**](http://l.ead.me/bb79OS) – from the Peaceful Heart Network this app uses the Trauma Tapping Technique (TTT) which is a self-help method developed with trauma experts, psychologists, psychiatrists and survivors of stress and trauma. It is a First Aid technique that everybody can use
* [**Sleepio**](https://www.nhs.uk/apps-library/sleepio/) - an online sleep improvement programme. It’s been clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day if you follow the programme correctly
* [**Stay Alive**](https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/) - the Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide
* [**The Worrinots**](https://www.worrinots.com/) – children can off-load their worries with The Worrinots app. The app provides children with a safe and secure place to share their worries, fears and concerns; providing them with practice fun coping mechanisms for their fears

More clinically approved and useful apps can be found at: <https://swyt.orcha.co.uk>

Local organisations in Wakefield

**Connexions Wakefield** – a confidential information and support service for young people aged 13-19 in the district. Web advisers are trained to support a range of issues including education/training choices, employment, money, health and relationships

Website: <https://connexionswakefield.co.uk/YoungPeople>

**Kooth** - provides a free, safe and anonymous place for young people (between the ages of 11 – 25) to find online support and counselling. Kooth also has a magazine where young people can share their personal stories and experiences, alongside discussion boards and personal journals

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

**Night OWLS** - overnight crisis support service for children, young people, parents and carers living in Bradford, Leeds, Calderdale, Kirklees and Wakefield. Open 8pm – 8am every day.

Telephone: 0300 2003900 (freephone)

Text: 07984 392700

Website (chat online): [www.wynightowls.org.uk](http://www.wynightowls.org.uk)

**Star Bereavement** - supporting local children and young people who have been bereaved and need support

Website: [www.starwakefield.org.uk](http://www.starwakefield.org.uk)

Telephone: 01924 787384

**Stripes** - a youth group open to all lesbian, gay, bisexual, trans and questioning young people between 13-17 years old.

Website: [www.mesmac.co.uk/our-services/wakefield/support-social-groups/the-fruitbowl-youth-group](http://www.mesmac.co.uk/our-services/wakefield/support-social-groups/the-fruitbowl-youth-group)

Email: christopheryates@wakefield.gov.uk

**Turning Point Talking Therapies** - talking therapy services, sometimes known as IAPT, in Wakefield. Available for young people aged 16 and above who are registered with a GP practice in the district. Young people can self-refer for support around; anxiety, low mood and depression, stress, sleep and low self-esteem.

Website: <https://talking.turning-point.co.uk/wakefield>

Telephone: 01924 234860

Email: Wakefield.talking@turning-point.co.uk

**Well Women Centre** – online support for young women aged 16 years or older

Website: www.wellwomenwakefield.org.uk

**WESAIL** – Wakefield Early Support Advice Information Liaison (WESAIL) is available to parents and carers of a child or a young person, who has, or may have special educational needs and/or disabilities aged 0-25 years who are living within the Wakefield District. This service is also available to young people themselves and those working with families.

Website: <http://wakefield.mylocaloffer.org/wakefield-early-support-advice-information-and-liaison-service-wesail>

**WF-I-CAN** - a place to find information and advice as well as self-help tips that can increase confidence and resilience. The site also has a 'drop in and chat' message service where you can speak to someone between set times

Website: <https://wf-i-can.co.uk>

**WFYouth** - advice, guidance and activities from the Wakefield youth work team

Website: [www.wfyouth.co.uk](http://www.wfyouth.co.uk)

Email: youthwork@wakefield.gov.uk

Telephone: 01924 302665

National organisations

**Anti-Bullying Alliance** - support and advice around bullying

Website: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**Centre for Clinical Interventions** - self-help workbooks and resources for several mental health and emotional wellbeing issues including anxiety, depression, body image issues, assertiveness, perfectionism

Website: [www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)

**Child Bereavement UK** - helping children and young people (up to age 25), parents, and families to rebuild their lives when a child grieves or when a child dies

Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)

**ChildLine** - free, anytime, day or night for help with any worry (under 19’s)

Website: [www.childline.org.uk](http://www.childline.org.uk) (online 1-2-1 counsellor chat available)

Telephone: 0800 1111

**Cruse Bereavement Care** - support to those needing help after the death of someone close

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**MindEd for Families** - Safe and reliable advice about young people’s mental health, created by experts and parents together

Website: <https://mindedforfamilies.org.uk/young-people>

**Papyrus** - online text or phone support to young people struggling with thoughts of suicide and anyone worried about a young person

Website: <https://papyrus-uk.org>

Telephone: 0800 0684141 or text 07860039967

Email: pat@papyrus-uk.org

**Samaritans** – free, anytime support, providing a listening ear and emotional support

Telephone: 116 123

Email: jo@samaritans.org

**The Mix** - The UK’s leading support service for young people under 25. Here to help with any challenges - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Support through an online community, on social media, free, confidential helpline or counselling service

Website: [www.themix.org.uk](http://www.themix.org.uk)

**Thinkuknow** – advice about staying safe when you're on a phone, tablet or computer

Website: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Young Minds** - UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They have a range of resources for children, young people and parents/carers, alongside a 'parent's helpline'.

Website: <https://youngminds.org.uk>