



East Berkshire: Ascot, Bracknell, Maidenhead, Windsor, Slough (Updated Oct 2021)

**Looking after your mind as well as your body is really important.**

There are resources available to help children and young people look after their mental health. In this guide we list some of the best self-help websites and apps out there – they are all free and trustworthy.

If you do need more help, you are not alone – we've included information about a range of national helplines and local services that you can turn to.



### Helpful websites – mental health in general

These resources contain lots of good tips on looking after your mental health that you can try out straight away.

Anna Freud	A complete A–Z of strategies and activities to help you look after your emotional wellbeing.	<a href="#">click here</a>
Every Mind Matters	Self care videos and tips for taking care of your mental health	<a href="#">click here</a>
YoungMinds	Information about coping with mental health issues, including feelings and symptoms, looking after yourself and how to get help.	<a href="#">click here</a>
The Children's Society	Advice on issues that may be worrying young people. Includes a mental health and wellbeing A-Z, and activities to help manage stress, deal with anger, build a routine.	<a href="#">click here</a>
Childline's Calm Zone	Features lots of breathing exercises, activities, games and videos to help you let go of stress.	<a href="#">click here</a>

**Always make sure to keep yourself safe whilst online.**

Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information.

## Self-help mental health apps

There are plenty of excellent apps that can help with managing your emotional wellbeing and mental health – here are some suggestions to get you started. Although these apps can be useful, they are not a replacement for seeking professional advice or support. If you have concerns about any symptoms you are experiencing see the sections on confidential national helplines and local services below.



### Catch It

Learn to manage negative thoughts and look at problems differently

Cost: Free Age: 12 +



### eQuoo

Use choose-your-own adventure games to improve your emotional fitness

Cost: Free Age: 12 +  
(contains in-app purchases)



### Chill Panda

Use breathing techniques to help you relax more, worry less and feel better

Cost: Free Age: 6 +  
(contains in-app purchases)



### WorryTree

Record, manage and problem solve your worries with this easy-to-use app

Cost: Free Age: 4 +  
(contains in-app purchases)



### Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and reframe negative thoughts

Cost: Free Age: 4 +  
(contains in-app purchases)



### Cove

Create music that reflects your mood to help you express how you're feeling

Cost: Free Age: 4 +



### ThinkNinja

Skills to help you deal with anxiety and low mood and feel healthier and happier

Cost: Free\* Age: 10-18  
(\*Free during the coronavirus pandemic)



### Calm Harm

A password-protected app that helps you resist or manage the urge to self-harm

Cost: Free Age: 12 +



### MeeTwo

A safe forum for young people to share experiences and ask advice anonymously

Cost: Free Age: 13 +



Whilst all of the apps listed here are free to download, please be aware that some include extra in-app purchase options.

## National helplines

Here is a list of national helplines where you can go if you're looking for additional support or information. You can talk to someone who is trained to listen and support you over the phone or by text, webchat or email. All these services are free and confidential and won't show on your phone bill.

### Beat

call: 0808 801 0711  
visit: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
email: [click here](#)  
web chat: [click here](#)

Beat offers a non-judgemental space to share feelings and thoughts around eating disorders. They can also provide information or support to explore options for help. The helpline and web chat is available 9am–8pm on weekdays and 4pm–8pm on weekends and bank holidays.

### Childline

call: 0800 11 11  
visit: [www.childline.org.uk](http://www.childline.org.uk)  
email: [click here](#)

Anyone aged 19 or under can speak to a Childline counsellor by phone or online about anything that is worrying them 24 hours a day, 7 days a week. You can also login on the Childline website to send an email and a counsellor will try to reply within 24 hours.

### Boloh

call: 0800 1512605  
visit: [www.barnardos.org.uk](http://www.barnardos.org.uk)  
email: [click here](#)

The Black, Asian and Minority Ethnic family Covid-19 Helpline. Free emotional support and practical advice from Barnardo's for a child or young person aged 11+. Also available in multiple languages. You can talk weekdays 10am–8pm and weekends 10am–3pm.



### The Mix

call: 0808 808 4994  
visit: [www.themix.org.uk](http://www.themix.org.uk)  
email: [click here](#)  
web chat: [click here](#)

Offers a phone helpline and 1-2-1 webchat service; both are open every day 3pm to 12am. Also offers a free telephone counselling service.

### Papyrus HOPELINEUK

call: 0800 068 41 41  
visit: [www.papyrus-uk.org](http://www.papyrus-uk.org)  
text: 07860 039967  
email: [click here](#)

Confidential advice for under-35s at risk of suicide and others who are concerned about them. Advisors are trained to provide help focused on staying safe from suicide. Opening hours for the phone helpline and text service are 9am to midnight every day, including weekends and bank holidays.

### Samaritans

call: 116 123  
visit: [www.samaritans.org](http://www.samaritans.org)  
email: [click here](#)

The phone helpline provides 24/7 emotional support for anyone feeling down, experiencing distress or struggling to cope. There is also an email service (they aim to respond to emails within 24 hours).

### Shout

visit: [www.giveusashout.org](http://www.giveusashout.org)  
text: Text SHOUT to 85258

The UK's 24/7 text service for anyone in crisis, anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

## Local services

Across East Berkshire a range of organisations offer support and treatment for children and young people experiencing mental health difficulties.

During the coronavirus (COVID-19) crisis, our providers are doing everything they can to keep services running while also keeping everyone safe.

You can still get help if you need it, even though some services may be delivered differently, for example by phone or video link.



### Berkshire Healthcare Children and Adolescent Mental Health Services (CAMHS)

[click here](#)

CAMHS provide support for children and young people whose difficulties are very distressing and who are registered with a GP in East Berkshire. You can be referred to CAMHS by your parents, teacher, social worker or GP. If you are over the age of 16, you can refer yourself.

For all new referrals, please complete the [online referral](#) form for our Children, Young People and Families (CYPF) HealthHub.

If you want to talk to someone about whether CAMHS is the right service to help, or if you are having extreme mental health difficulties and need support urgently, call the team on 0300 365 1234.

If you are already receiving treatment from CAMHS, someone from the relevant team will let you know if your treatment needs to continue in a different form at the moment, for example by phone or video link.

If you are waiting to hear about your first appointment and things are getting worse or you are worried that you haven't heard, please phone 0300 365 1234.

**Youth counselling services** - Counselling is about sharing your thoughts and feelings with a trained counsellor in a safe and confidential setting.

### Number 22

call: 01628 636661

visit: [www.number22.org](http://www.number22.org)

enquiries: [click here](#)

For young people aged 11+

Available if you live and/or go to school in Slough or the Royal Borough of Windsor and Maidenhead

### Youthline

call: 01344 311200

visit: [www.youthlineuk.com](http://www.youthlineuk.com)

email: [click here](#)

For young people aged 11+

Available if you live and/or go to school in Bracknell Forest

### Kooth

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

For young people aged 11-18\*

Available if you live and/or go to school in Slough, Royal Borough of Windsor and Maidenhead or Bracknell Forest. Free, safe and anonymous online support. Live webchats with a qualified counsellor are available 12 noon–10pm on Monday to Friday and 6pm–10pm at the weekend. Kooth also has live forums, information and advice.

\*Up to age 25 if you have special educational needs and/or are a care leaver

If you have urgent concerns about a mental health problem, use the [NHS 111 online service](#) or **call 111**. If you've injured yourself, taken an overdose or are in an emergency and believe that your life is at risk, **please dial 999**.