



Recommended to us helpful web site /App's

Web site's

Self injury Support is a national organisation that supports girls and women affected by self-injury or self-harm. They have a range of good information for young women and parents.

TESS; is a text and phone line service which Self injury Support offer.

www.selfinjurysupport.org.uk/help-and-support-with-self-injury/tess-text-and-email-support-service

APP's

Staying alive App; this phone app is a prevention resource for the UK, packed full of useful information and tools to help a people stay safe in crisis. See www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

Calm Harm App; Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help a young person resist or manage the urge to self-harm. See www.calmharm.co.uk

Head Space App; Headspace is a meditation app see www.headspace.com/headspace-meditation-app

MoodPanda App; is a mobile mood diary app see; www.moodpanda.com

SAM App; SAM is an app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. mindspacepk.com/news/sam-app/

MindShift App; MindShift is an app designed to help teens and young adults cope with anxiety. www.anxietybc.com/resources/mindshift-app