

Resource	Description	Link
Anna Freud	Most of us are feeling concerned about the uncertainty of the current situation, and this will include young people. There is lots of advice on 'On My Mind', a website for young people created with young people, which includes our self-care resource with over 90 simple strategies that young people have told us help them when they are feeling low or anxious.	https://www.annafreud.org/coronavirus
BrainPop	Short video for children and young people who want to find out more about how viruses work, and the best ways to prevent them from infecting more people	https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/
Every Mind Matters	It's natural to feel anxious during times of uncertainty. Find guidance, advice and tips on how to maintain your mental wellbeing and deal with anxiety about the coronavirus (COVID-19) outbreak.	https://www.nhs.uk/oneyou/every-mind-matters/
Meddwl	Gofalu am eich iechyd meddwl yn ystod yr achos Coronafeirws.	https://meddwl.org/erthyglau/iechyd-meddwl-coronavirus/
Meic	The word that's everywhere you turn at the moment. CORONAVIRUS – what exactly is it? Should you be worried? And is there anything you can do about it?	https://www.meiccymru.org/worried-about-the-coronavirus-dont-panic/
Mental Health Foundation	How to look after your mental health during the Coronavirus outbreak	https://mentalhealth.org.uk/coronavirus
MIND	You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.	https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/
Young Minds	If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
Young Scot	It's easy to feel a bit overwhelmed and scared by everything you're hearing about coronavirus disease (COVID-19) right now. Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others.	https://young.scot/campaigns/national/coronavirus

DistrACT	The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.	https://www.expertselfcare.com/
Papyrus	If you are having thoughts of suicide or are concerned for a young person who might be you can contact Papyrus for confidential support and practical advice.	www.papyrus-uk.org Helpline: 080 068 4141; 9am – 10pm weekdays, 2pm – 10pm weekends Text: 07860039967 Email: pat@papyrus-uk.org
SHOUT	The UK's first 24/7 text service, free for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	https://www.giveusashout.org/ Text: 85258
Stay Alive	The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.	https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/
The Calm Zone	The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK.	www.thecalmzone.net Helpline:0800 58 58 58; 5pm–midnight, 365 days a year
The Samaritans	Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year. If you would like emotional support in Welsh, this is also a Welsh Language Line.	https://www.samaritans.org/ Helpline: 116 123 (English); 0808 164 0123 (Welsh); available 24/7 Email: jo@samaritains.org
Change4Life	Easy ways for young people to keep active if you cannot get outdoors. Get started with our easy-to-follow Shake Up games inspired by your favourite Disney characters.	https://www.nhs.uk/change4life/activities/indoor-activities
Every Mind Matters	Getting exercise doesn't need to be difficult – you don't even need to leave the house! Clear some space in the living room and give our easy 10-minute workouts a go	https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/
Meic	4 Ways To Exercise While In Lockdown	https://www.meiccymru.org/4-ways-to-exercise-while-in-lockdown/
Sport Wales	Welcome to #BeActiveWales – our campaign to keep Wales moving during the Coronavirus crisis. From across the world of Welsh sport, experts, athletes and a famous face or two have come together to kit out the nation with exercise videos, session plans, motivation, nutritious recipes and lots, lots more. Whether you're looking for	https://www.sport.wales/beactivewales/

	gentle exercise or an intense workout, we have got a routine for you.	
Chill Panda	App with games to help children manage their heart rate and anxiety	http://chillpanda.co.uk/
Clear Fear	App for teenagers' mental health, which uses Cognitive Behavioural Therapy techniques to learn to reduce the physical responses to anxiety	https://www.clearfear.co.uk/
MindShift	Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.	https://www.anxietycanada.com/resources/mindshift-cbt/
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.	https://apartofme.app/
Child Bereavement UK	Supports families both when a child dies or is dying, and when a child is facing bereavement.	https://www.childbereavementuk.org/young-people Helpline: 0800 02 888 40 Email: support@childbereavementuk.org
Cruise	Charity offering bereavement support and a helpline for those struggling with loss. Cruse Bereavement Care Wales's vision is that all bereaved people have somewhere to turn when someone dies.	https://www.cruse.org.uk/ Tel: 0808 808 1677
Grief Encounter	We support bereaved children and their families to help alleviate the pain caused by the death of someone close.	https://www.griefencounter.org.uk/ Helpline: 0808 802 0111; Monday-Friday, 9:00 - 9:00pm Email: grieftalk@griefencounter.org.uk
Hope Again	Cruse Bereavement Care's website for young people. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.	https://www.hopeagain.org.uk/ Helpline: 0808 808 1677; Monday-Friday, 9:30am - 5:00pm Email: helpline@cruse.org.uk

Winston's Wish	Supporting children and young people after the death of a parent or sibling.	https://www.winstonswish.org/ Helpline: 08088 020 021; Monday-Friday, 9:00am - 5:00pm Email: email ask@winstonswish.org
Head Above The Waves	Promotes positive, creative ways for young people to dealing with depression and self-harm.	https://hatw.co.uk/
Mood Tools	Feeling sad or depressed? Lift your mood with MoodTools for free.	https://www.moodtools.org/
Students Against Depression	Information, advice and real-life stories specifically, for students struggling with depression	www.studentsagainstd Depression.org
Childline	Childline is yours – a free, private and confidential service where anyone under 19 in the UK can talk about anything.	www.childline.org.uk Helpline: 0800 1111; Monday-Sunday, 9.00am - Midnight
C.A.L.L.	Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service to the people of Wales.	www.callhelpline.org.uk Helpline: 0800 132 737; available 24/7 Text: 81066
Equoo	Uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing	https://equoogame.com/
Meddwl	Gwefan yn cynnig cefnogaeth a gwybodaeth, rhanu profiadau, a lefydd i gael cymorth, am anhwylderau iechyd meddwl gwahanol.	https://meddwl.org/
MeeTwo	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.	https://www.meetwo.co.uk/
Meic	The advocacy, information and advice helpline for children in Wales. If your life is in a bit of a tangle or you have a problem and need to speak to someone, Meic is for you	https://www.meiccymru.org/ Helpline: 080880 23456 Text: 84001

MIND Cymru	A community of people who won't give up until everyone experiencing a mental health problem gets the support and respect they deserve.	https://www.mind.org.uk/about-us/mind-cymru/ Infoline: 0300 123 3393 Email: info@mind.org.uk Text: 86463
My possible self	The mental health app clinically proven to reduce stress, anxiety and low mood	https://www.mypossibleself.com/
The Mix	Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone.	https://www.themix.org.uk/mental-health Helpline: 0808 808 4994; Monday-Sunday, 4:00pm - 11:00pm
The Worrinots	Worrinots provides children with a safe place to share their fears and anxieties, which in turn provides them with practical and fun coping mechanism for their fears using one of the four Worrinots characters.	https://www.worrinots.com/
Young Minds	Young Minds is a UK-wide charity committed to improving the emotional well-being and mental health of children and young people.	www.youngminds.org.uk Text: YM to 85258; available 24/7
Student Minds		https://www.studentminds.org.uk
NACOA	children in households where alcohol is an issue	http://www.nacoa.org.uk/children.html