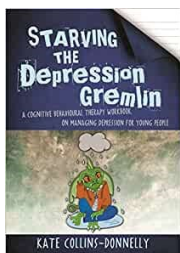
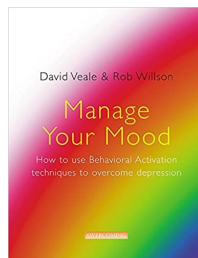


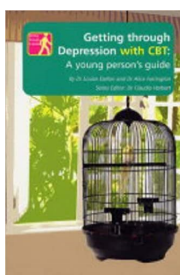
### Books



**Starving the Depression Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Depression for Young People**  
*Kate Collins-Donnelly*



**Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression**  
*David Veale and Rob Wilson*



**Getting through Depression with CBT: A Young Persons Guide**  
*Alice Farrington and Louise Dalton*

### Numbers



**Samaritans - 116 123** Confidential emotional support 24/7



**Childline - 0800 1111** For Young people up to 19 years. Open 24/7



**Text Young Minds Crisis Messenger - 85258**, for free 24/7 support across the UK if you are experiencing a mental health crisis and you need urgent help



**HOPELine UK - 0800 068 41 41** For Young people up to 19 years. Open Mon-Fri 10am-10pm, weekends 2pm-10pm, bank holidays 2pm-5pm

**Young Minds - 0808 802 5544**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Text YM to 85258** (for crisis support) - A helpline for parents concerned about their child's wellbeing.

**Themix - 0808 808 4994**

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

**Text 'THEMIX' to 85258** (for 24/7 crisis support) Mental health support for young people under the age of 25.

# YOUNGMINDS



### Useful Apps



**In Hand** - Using a traffic light system, In Hand acts as a digital friend to help you in times of stress or low mood.



**WellMind** - Free NHS mental health and wellbeing app designed to help with stress, anxiety and depression.



**MoodTools – Depression Aid**

### Websites



**Rethink Mental Illness** - Website run by mental health charity.

[www.rethink.org](http://www.rethink.org)

# MOODJUICE

**MOODJUICE** - Run by NHS Scotland, Moodjuice has a lot of helpful information for young people in crisis.

[www.moodjuice.scot.nhs.net](http://www.moodjuice.scot.nhs.net)



**Mind** - Website run by mental health charity.