

Web-sites that may support your well-being:



GRIEF ENCOUNTER: Excellent website and a free helpline for children and young people who have been bereaved, available 9 am-9 pm Mondays to Fridays.



BIG WHITE WALL: An online community for people who are stressed, anxious or low. Round the clock support from trained professionals.

APPS to help out:



MEE TWO: Contains advice and information on wellbeing and emotions. A place to post about anything you are feeling and get supportive, positive responses from other teenagers and guidance from MeeTwo experts.



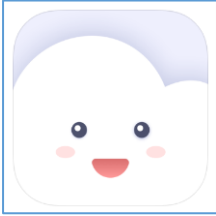
STRESS & ANXIETY COMPANION: This app can help you handle stress and anxiety. It includes breathing exercise and games to help you cope better with life's ups and downs. It can help you change the way you think and feel about things and identify what triggers your anxiety.



CATCH-IT: An app to help you look at your problems in a different way. Helps you record, check and change your mood in 3 simple steps.



STOP, BREATHE & THINK: Short guided meditations or "joy" sessions to help you deal with anxiety, clear your head and



BREEZE. MOOD TRACKER DIARY: Helps you learn about yourself and manage your mood better. Improves your awareness of things, habits and people that might trigger negative thoughts and feelings.

**PLEASE REMEMBER, IF YOU NEED TO LET SOMEONE AT SCHOOL KNOW THAT YOU NEED SUPPORT
CLICK ON THE 'STAND UP, SPEAK OUT' BUTTON ON THE HOMEPAGE**