

Be kind to your mind - Student Pack

During this period, our mental health can suffer. Here are some tools and resources for students to look after your mind.

YOUNG MINDS
fighting for young people's mental health

www.youngminds.org.uk

Offers tips and free advice if you are struggling with self-isolation, coronavirus and the impact it has on your mental health.



<https://www.otrbristol.org.uk>

OTR have worked really hard to provide digital alternatives on their [project pages](#) on this website to find out more about each offer and sign up if you like the sound of it. These sessions have been going really well and young people are telling us they're super-helpful. You can expect the same warm, safe and friendly environment from OTR.

<https://www.kooth.com>

Kooth is an online and
confidential service
giving help and advice
about emotional health
kooth.com

kooth

Your online mental wellbeing community.
Free, safe and anonymous support.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

<https://calmharm.co.uk>

Worried about self-harm?

Calm Harm is an award-winning app developed for teenage mental health. Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

Please note the app is an aid in treatment but does not replace it. Download the free App from Google Play or Apple App Store.

<https://www.giveusashout.org>



Text: Shout send to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, 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.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing>

We're here to give you advice and support to help you through this time.

<https://www.headspace.com/meditation/kids>

Meditation for children – can do a free trial



<https://stem4.org.uk>

Supporting positive mental health in teenagers



T H E [®]
D I A N A
A W A R D

<https://diana-award.org.uk>

To develop and inspire positive change in **the** future of young people. We believe that young people have **the** power to change **the** world