

## Helpful Websites and Phone Numbers



### Self help and information websites:

For information and advice around a range of areas including anxiety, depression and anger you can visit

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

For anxiety - [www.stressand anxietyinteenagers.com](http://www.stressand anxietyinteenagers.com)

<http://www.anxietybc.com/> For specific information around anxiety this website is great with lots of information and tools for you and your parents.

For those experiencing suicidal thoughts and/ or feelings this website contains not only helpful contacts but also advice and coping strategies <http://papyrus.org.uk/>

For specific information and advice about OCD we recommend the following website [www.ocduk.org/](http://www.ocduk.org/)

<http://www.getselfhelp.co.uk/website.htm> This website is bursting with tips and tools on a number of areas that may be concerning you, including anger, stress, problem solving, self-esteem and many more!



### Interesting Apps

“Mindshift” contains information and more on anxiety

“Moodometer” Helps you track your mood in different situations

“Stay alive” This App is packed full of useful information to help you to stay safe.

“Headspace” Guided meditation and Mindfulness App

“Calm Harm”

### Telephone numbers:

CAMHS Falcon House [03001236632](tel:03001236632) (Monday to Friday 9-5) Mobile [07748 933609](tel:07748933609)

Saneline (Specialist mental health line) [0300 304 7000](tel:03003047000) (6pm-11pm every evening)

Samaritans helpline [116 123](tel:116123) (24/7)

HOPELine UK Call [0800 068 41 41](tel:08000684141) or Text [07786 209 697](tel:07786209697) (Weekdays 10am -10pm

Weekends 2pm - 10pm Bank Holidays: 2pm- 5pm)

Childline [0800 1111](tel:08001111) (24/7)