Sources of support

For all emergencies call 999 or the local police on 101.

Children’s Social Care 01978 292039 (Wrexham)

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|   | **Mindshift App**  | **Helps teens cope with anxiety** Strategies and tools to help deal with everyday anxiety.  |  | **No Panic**  | **Talk to online counsellors about panic or anxiety** [www.nopanic.org.uk](http://www.nopanic.org.uk/) |
|   | **Smiling** **Mind**  | **Mindfulness meditation** Free app developed by psychologists and educators for young people aged 718.   |  | **Citizens Advice**  | The advice people need for the problems they face and improve the policies and practices that affect people's lives www.citizenadvice.org.uk |
|   | **The Mix** | **Create music to express feelings** Free, personal musical journey to help you with your emotional and mental health. Trusted by the NHS  |  | **Childline**  | **Phone, text and online support with trained counsellors** [www.childline.org.uk](http://www.childline.org.uk/) |
|   | **Happy Not** **Perfect**  | **Supported by science. Designed by people** Includes simple exercises to help with mental wellbeing.  |  | **Kooth**  | **Kooth offers free, safe, anonymous support** <https://www.kooth.com/> |
|   | **What’s up?**  | **Cognitive** **Behavioural** **Therapy** **Techniques** Using a mixture of CBT to help support.  |   | **Mind**  | **Information line** [www.mind.org.uk](http://www.mind.org.uk/)  |
|  | **Mind Ed** | MindEd is a free educational resource on children and young people's mental health for all adults **https://www.mi nded.org.uk/** |  | **Shout** **Text** **85258** | **Mental health support offered** **24/7 via text messaging service**[**https://www.giveusashout.org**](https://www.giveusashout.org/) |
|   | **Young** **Minds**  | **Strategies, support and help for children and young people suffering with their mental health.** [**https://youngm inds.org.uk/**](https://youngminds.org.uk/) | Friendly, confidential drug advice Home  | **Frank** | **If you are taking drugs or are thinking about taking them then Frank can educate you on the implications.****www.talktofrank.com**  |