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](https://www.talktofrank.com/) | **Frank** | **If you are taking drugs or are thinking about taking them then Frank can educate you on the implications.**  **www.talktofrank.com** |