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| **Sleep** | | |
| **Websites:** | | |
| The Sleep Council | Provides information, resources and support to help people of all ages get a better night’s sleep. | <https://sleepcouncil.org.uk/> |
| The Children’s Sleep Charity | Help and advice for parents. | <https://www.thechildrenssleepcharity.org.uk/> |
| **Apps:** | | |
| Sleepio | Sleepio is a fully automated yet highly personalised digital sleep improvement program instantly accessible via app and web | Only on the App store (+12) |
| Calm | Relaxing music, stories and breathing exercises to help get you off to sleep. | Available from the App Store and Google Play |

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| **Anxiety, Mood and Mental Health** | | |
| **Helplines:** | | |
| Papyrus | Help and support for young people at risk of suicide and self-harm. | 0800 068 4141 |
| Childline | 24/7 telephone and web support for all young people | 0800 1111 / www.childline.org.uk |
| The Samaritans | 24/7 confidential, emotional support for anyone | 08457 90 90 90 / [www.samaritans.org](http://www.samaritans.org) |
| **Websites:** | | |
| Living Life to the Full | An online course to help overcome low mood and stress. | <https://llttf.com/> |
| Moodscope | Moodscope offers an online personal mood management tool that effectively measures and tracks your mood. | www.moodscope.com |
| **Apps:** | | |
| Calm Harm | An app designed to help people resist or manage the urge to self-harm. It is private and password protected. | Available from the App Store and Google Play |
| Catch It | This app teaches how to look at problems in a different way, turning negative thoughts into positive ones. | Available from the App Store and Google Play |

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| **Self-esteem and body image:** | | |
| **Websites:** | | |
| The Mix | The Mix is the UK’s leading support service for young people, providing information, guidance and support on a range of issues – including self-esteem and body image. | <https://www.themix.org.uk/mental-health/body-image-and-self-esteem> |
| Boys’ Biggest Conversation | Media Smart and First News have come together to create the Boys’ Biggest Conversation – a campaign to encourage young men, across the UK, to talk about body image and the effect it has on their mental wellbeing. | <https://mediasmart.uk.com/boysbiggestconversation/> (focusses on boys’ self-image and body confidence) |
| Body Gossip | Body Gossip is a charity that combines Arts and Education to empower everybody to be the best version of themselves. | <https://bodygossip.org/> |
| [I](https://www.instagram.com/i_weigh/?hl=en) Weigh | I Weigh is about radical inclusivity, so that no one feels alone. | <https://www.instagram.com/i_weigh/?hl=en> |
| **Apps:** | | |
| Good Blocks | Good Blocks is a gamified training application designed to improve your self-esteem, body image, social anxiety and mood. | Only available on the App store. |

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| **Family and friends (including bullying)** | | |
| **Websites:** | | |
| Bullying UK | Offers advice, support and a confidential helpline for parents, carers and students. | [https://www.bullying.co.uk/](https://www.bullying.co.uk/%20) |
| The Mix | The Mix is the UK’s leading support service for young people, providing information, guidance and support on a range of issue – including sex and relationships | <https://www.themix.org.uk/sex-and-relationships/friendship> |
| Relate | Relationship support for everyone | <https://www.relate.org.uk/> |
| Family Lives | Advice and support for families. | <https://www.familylives.org.uk/> |
| Carers.Org | Carers Trust helps young carers to cope with their caring role through specialised services | <https://carers.org/about-caring/about-young-carers> |
| NHS | Links on what benefits and support is available | <https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/> |
| Young Minds | Crisis line for young people struggling with their caring responsibilities. | <https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/> |

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| **Physical health (including sexual health):** | | |
| **Websites and Helplines:** | | |
| The Mix | The Mix is the UK’s leading support service for young people, providing information, guidance and support on a range of issues – including on how to keep physical healthy. | <https://www.themix.org.uk/your-body> |
| Brook | Access to free and confidential health and wellbeing advice. Including information on sexual health. | <https://www.brook.org.uk/> |
| Health for Teens | Provides information and support on all aspects of physical and sexual health. | https://www.healthforteens.co.uk/sexual-health/ |

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| **Drugs and alcohol issues:** | | |
| **Helplines:** | | |
| Talk to Frank | Drug Information and advice with a confidential helpline. | 0300 123 6600 or text 82111 (24 hours a day, 365 days a year). |
| [Drink Aware](http://www.drinkaware.co.uk/) | Advice and support to help manage alcohol consumption. | 0300 123 1110 (weekdays 9am-8pm, weekends 11am-4pm)  <https://www.drinkaware.co.uk/> |

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| **Gaming:** | | |
| UK Addiction Treatment Centres | Webchat and support lines for those concerned about their level of gaming. Support also available for other forms of addiction. | <https://www.ukat.co.uk/gaming-addiction/> |

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| **Counselling and Support Organisations** | | |
| Beacon Counselling | Beacon Counselling provide counselling for young people aged 13+ and adults of all ages from their town centre office | 50-52 Middle Hillgate, Stockport. SK1 3DL  0161 440 0055 |
| The Rooms | Provide counselling and assessment for a range of different conditions | 7A London Road South  Poynton  Cheshire  SK12 1Jx  07918 072771  https://www.theroomscheshire.co.uk/ |
| Talk, Listen, Change | A relationship charity working to support having better relationships with yourself, families, friends and school. | [enquiries@talklistenchange.org.uk](mailto:enquiries@talklistenchange.org.uk)  0161 872 1100 |
| Stockport Mind | Provides a range of mental health services, including counselling. Also provide a carers support service and support for those with more significant mental health concerns. | 0161 480 7393  Carer’s support: 0161 475 6229 |
| Beechwood Cancer Care | Counselling and support service, including groups and complementary therapies. | 0161 476 0384 |