

Psycomedy - DailyDose

Mental Health Resources from threadup.co.uk

Helplines:

(Important to be mindful that this may be a busier time than ever and networks may be overloaded, so relying on different resources can be helpful)

Samaritans – 116 123 (free 24h)

Websites:

Hub of Hope - <https://hubofhope.co.uk/>

Mind – <https://www.mind.org.uk/>

Free Apps:

Silvercloud

Happier (Available only on Apple store)

Catch it

Stay Alive

SAM

Thank you!! Xx

