

## Surrey Heath Mental Health Support Team



- Urgent support
- Advice, information and resources
- Mental Health services in Surrey



fighting for young people's mental health



- 24/7 text support
- Guides, advice and tips
- Real life stories from other young people



Essential support for under 25s



- Helpline, crisis messenger or 1-1 online chat
- Support and Information
- Discussion boards and group chats
- Apps and tools



- Articles, personal experiences and tips
- Discussion Boards
- Set goals and track progress
- Mood Tracker
- Chat to Kooth Team

### ORCHA

<https://sabp.orchha.co.uk/>

Search for quality reviewed apps to support your mental health



The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe.



HEADSPACE

Headspace is an everyday Mindfulness and Meditation app for Stress, Anxiety, Sleep, Focus, Fitness, and More.



SilverCloud is an online therapy programme proven to help with stress, anxiety, low-mood and depression.



The MeeToo app allows you to talk anonymously about difficult things with other people of a similar age or experience.



## Recommended Books

Helpful books based on the principles of cognitive behavioural therapy

