

Please head to healthyyoungmindspennine.co.uk for a full list of resources that may support and guide you through these challenging times.

We have a **Facebook** page for **#Thrive** too! We will keep you up to date with information about our service.

You will find **Apps, External links, Guides and Videos.**

Anxiety and Mood

- www.Kooth.com
- www.minded.org.uk
- Youngminds.org.uk
- Search 'Beyond psychology Louise Mansell' on You Tube
- Moodtracker (App)
- Mood Gym (App)
- Smiling Mind (App)

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Ways to create calm

- www.minded.org.uk
- <http://minded.e-lfh.org.uk/families/index.html>
- familylives.org.uk
- handsonscotland.co.uk
- headspace (App)

For urgent support from
Healthy Young Minds:
01706 676000

Discussing Covid -19?

<https://www.unicef.org/coronavirus/> & Click on how to talk to your child.

Try this too!!!
<http://engagerochdale.org/Page/17010>

Harmful Thoughts

- www.Kooth.com
- Youngminds.org.uk
- Calm Harm (App)
-

Eating disorder

- [B-Eat .co.uk](http://B-Eat.co.uk)

Drug & Alcohol

- Earlybreak.co.uk

#THRIVE

Autistic Spectrum Condition

- www.autism.org.uk
- youngminds.org.uk
- ambitiousaboutautism.org.uk
- autismlinks.co.uk
- sleepopolis.com/education/sleep-and-autism
- Autism Track (App)

If you have concerns about the safety of a child, contact 0300 303 0440 (Monday-Friday 8:30am-4:45pm) or out of office hours 0300 303 8875. If you have concerns about the safety of Adults please ring 0300 303 8886 (Monday-Friday 8:30am-4:45pm) or out of office hours 0300 303 8875.