



Staying Safe

It is normal to feel overwhelmed sometimes, and the most important thing is that you reach out for help if you do. Whether you need a reassuring conversation, specialist mental health support, or simply the knowledge that you are not alone in how you are feeling, there is lots of information and support available for you. Take a look at the information below for support with coping with anxiety and depression.



SAM is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.



If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. The app contains several different research-supported tools.

Elefriends is a supportive online community from the mental health charity Mind. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a place to share experiences and listen to others.



Stay Alive is a pocket suicide prevention app, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. [MindShift](#) is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.





Leading messaging app Viber, connects over 900 million users around the globe and is a digital platform that provides users with access to supportive online communities and groups. Online communities are a great way in which people can hold themselves accountable and seek motivation from likeminded individuals. Group chats can offer support for fitness, cooking and book recommendations.

Contact Us

Please feel free to email any suggestions about resources and support to:

katebretherton@newlandsgirls.co.uk

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