

Mental Health and Wellbeing:

KOOTH: online mental health and wellbeing support to young people aged 11-18 in BANES on any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor. To find out more visit [Kooth](#) where young people can register and others can find out more about the service. You can [find out more about the service through a short video](#).

Off The Record (OTR): provides confidential support for people aged 10-25. To get support please visit the website and [complete a short referral form](#).

The following support is available via phone, video or messenger:

- **Listening Support:** a 20 minute confidential session for young people to talk about anything
- **Counselling:** a 50 minute session with our counsellor, you'll have a chance to explore issues in more depth
- **Virtual Okay cafes:** a safe space for young people to connect, chat and have fun
- **Virtual SPACE:** if you are aged between 13-21 years and identify as Lesbian, Gay, Bisexual, Trans, Asexual, and/or questioning your sexuality and/or gender identity, then OTR has weekly LGBT+ youth group online.

MindShift: is a free 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. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

MoodGYM: is a free, fun, interactive programme to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- [Assertiveness and interpersonal skills training](#)

A handout called [Supporting children and young people with worries about COVID-19 from Emerging Minds](#).