**Support organisations**

* **Glasgow Women’s Aid** helpline open 10am - 4pm,  Monday to Friday phone 0141 553 2022 or email [officecover@glasgowwomensaid.org.uk](mailto:officecover@glasgowwomensaid.org.uk)
* **National Domestic Abuse Helpline** (24 hrs) Freephone on 0808 2000 247
* **Scotland’s Domestic Abuse and Forced Marriage Helpline** (24 hrs) Freephone 0800 027 1234 or chat online at: [http://www.sdafmh.org.uk](http://www.sdafmh.org.uk/)

**Mental Health Apps**

Big white wall - support from therapists

Blue Ice - help with managing emotions and reducing self-harm

Calm Harm - help with managing emotions and reducing self-harm

Catch it - learn how to notice negative thoughts and turn them around

Chill Panda - breathing techniques to help you relax

Cove - create music to express emotions

distrACT - quick information about self-harm and suicidal thoughts

eQuoo - emotional fitness game

Feeling good: Positive mindset - audio tracks to increase confidence and relax

leso - connect with mental health therapists

MeeTwo - safe forum for teens to discuss their lives

My possible self: The mental health app - learn how to manage stress, anxiety, negative thoughts

SilverCloud - 8 week course to learn to manage stress, depression, anxiety

Sleepio - helps you fall asleep faster

SleepStation - helps you fall asleep faster

Stress and Anxiety Companion - breatahing exercises, music and games to relax

Student Health App - reduce your worries and feel more confident

Thrive - games to track mood and manage stress/anxiety

**Websites**

growth mindset: www.mindsetworks.com/free-resources/

sleep: www.sleepscotland.org/

mental health: www.samh.org.uk

www.camhs-resources.co.uk

www.youngminds.org.uk

Foodbank info: www.urbanroots.org.uk

Food distribution: Email: info@fare-scotland.org

Online safety: www.thinkuknow.co.uk

Childhood bereavement: www.winstonswish.org/

www.childbereavementuk.org