

#THRIVE

For urgent support
from HEALTHY
YOUNG MINDS
contact
01706 676000

Please head to www.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 and guides & videos.

ANXIETY & MOOD

- www.kooth.com
- www.minded.org.uk
- www.youngminds.org.uk
- Search 'Beyond psychology – Louise Mansell' on Youtube
- Moodtracker (App)
- Mood Gym (App)

WAYS TO CREATE CALM

- www.minded.org.uk
- www.familylives.org.uk
- www.handsonscotland.co.uk
- Headspace (App)
- Smiling Mind (App)

Try this website too!

<http://engagerochdale.org/Page/17010>

HARMFUL THOUGHTS

- www.kooth.com
- www.youngminds.org.uk
- Calm Harm (App)

EATING DISORDER

- www.b-eat.co.uk

DRUG & ALCOHOL

- www.earlybreak.co.uk

AUTISTIC SPECTRUM CONDITION

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

If you have any concerns about the safety of a child, contact Rochdale Borough Safeguarding Children Partnership (RBSCP) on 0300 303 0440 (Monday – Friday 8.30am – 4.24pm) or out of office hours 0300 303 8875. If you have concerns about the safety of adults, please contact 0300 303 888