



RESOURCES

WEBSITES

Compass Be - Google Compass Be Barnsley

Young Minds - <https://www.youngminds.org.uk/young-person/>

Anna Freud - <https://www.annafreud.org/on-my-mind/>

Childline - <https://www.childline.org.uk/>

We heart CBT - <https://weheartcbt.com/>

Mind - <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-mental-health/>

NHS - <https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/>

The Mix - <https://www.themix.org.uk/>

Chilypep - <https://chilypep.org.uk/young-peoples-corner/>

Open Up Directory - <https://chilypep.org.uk/open-up-directory-2/>

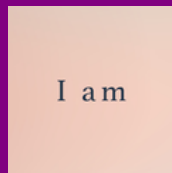
Barnsley IAPT - <https://barnsley-talkingtherapies.nhs.uk/>

Silvercloud - <https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/silvercloud-online-support/>

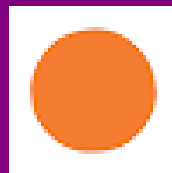
APPS



FINCH



I AM



HEADSPACE



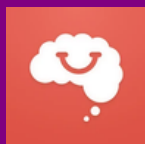
PZIZZ



TELLMI



LET'S
MEDITATE



SMILING
MIND



CHILL
PANDA



THINK
NINJA



CLEAR FEAR



CALM HARM



MOODSPACE



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