

Useful Websites and Apps

<http://intranet.hants.gov.uk/customerengagementservice/insightandengagement/employee wellbeing>

<https://www.hampshireonlinelearning.co.uk/mod/book/view.php?id=1170>



<https://insighttimer.com/> - this is excellent for meditations and calming techniques

<https://www.headspace.com/headspace-meditation-app> - again excellent for thinking and meditations.



<https://keltymentalhealth.ca/blog/2013/06/mindshift-new-app-youth-anxiety>

There is a new exciting **app** for youth to help them better cope with anxiety! **MindShift** provides you with a tailor-made toolbox for different anxiety provoking ...

https://www.samaritans.org/sites/default/files/samaritans_witc_bro_a5_2018_web.pdf

<https://www.minded.org.uk>

<https://www.italk.org.uk/>

Self-refer by phone. **Talk** to someone – call 023 8038 3920.