Free support in Stockport for under 18s

Available 24/7:

Go online: chat and get advice by signing up at www.kooth.com (ages 11-18)

Call an NHS mental health expert: the team at Pennine Care NHS Trust can be contacted on 0800 014 9995 (all ages)

Call Childline: 0800 1111 or visit the message boards on www.childline.org.uk (ages 0-19)

Text: if you need urgent help, text YM to 85258 (all ages)

Things that could help over the coming days and weeks:

Complete a self care plan: download a template from bit.ly/AnnaFreudP (primary school age) or bit.ly/AnnaFreudS (secondary school age)

Join a SHINE group session: meet with other young people weekly and get involved with wellbeing and creative activities. Call 0161 440 0055 or visit the website at bit.ly/shinespt (ages 11-17)

Message ChatHealth: text 0748 063 5227 or visit chathealth.nhs.uk Monday-Friday and get a response within 24 hours from a school nurse (ages 11-19)

Watch the Kooth webinar: learn more about Kooth before signing up by visiting bit.ly/cypkooth and using passcode CVw8@Tk6 (ages 11-18)

Contact your GP: talk about other options, or ask to be referred to the Viaduct Wellbeing Service (ages 11+)

If you need support with LGBT issues: start a webchat with a Proud Trust youth worker by visiting www.theproudtrust.org/proud-connections (all ages)

If you need support with an eating disorder: talk to someone at BEAT by visiting www.beateatingdisorders.org.uk/support-services (all ages)

If you need urgent help: call Hopeline, available between 9am and midnight every day on 0800 068 4141 (ages 0-35)

Free apps for young people

These apps have been approved by the NHS and can be found on app stores.

Calm Harm

This app has many functions that help reduce the urge to self-harm

Catch It

Designed by the Universities of Manchester and Liverpool, this app uses psychological approaches to help you understand changes in your mood

Sleepio

An app focused on sleep improvement which has been proven to help people fall asleep quicker. Get started by searching sleepio online and taking their sleep quiz

Feeling Good

A collection of audio tracks which can help you feel better, lift your mood and recover from stress, anxiety and depression

Think Ninja

Targeting 10-18 year olds, this app teaches you how to stay in control of your emotions and works on bettering your emotional and mental health (iOS only)