Apps

SAM – Help manage anxiety, depression, and loneliness.
https://mindgarden-tech.co.uk/

CALM HARM - Manage/Resist Self harming.
https://calmharm.stem4.org.uk

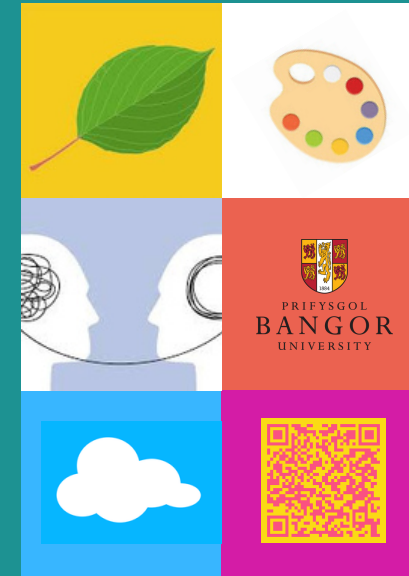**STAYALIVE – For those at risk of suicide.**
https://www.stayalive.app

Emergency

If you are in need of urgent and immediate assistance, please dial 999. Your GP can also offer advice and support.

SAMARITANS – Free from any telephone on 116 123.

Mental Health support is available in Wales by telephoning 111 and following option 2.

Neuadd Rathbone **|** College Road **|** Bangor
wellbeingservices@bangor.ac.uk **|** 01248 388520
www.bangor.ac.uk/studentservices/wellbeing

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Online Wellbeing Resources

Useful Websites - Self Help Resources
Online Courses- Wellbeing Apps

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Gweinyddu a
Gwasanaethau Myfyrwyr
Student Services
and Administration

Self Help Leaflets / Handouts

CCI – Centre for Clinical Intervention.
www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

Self Help Booklets. Northumberland NHS.
https://web.ntw.nhs.uk/selfhelp/

NHS Inform Self Help Guides.
https://www.nhsinform.scot/symptoms-and-self-help/self- help-guides/

Websites / Helplines

MYF.Cymru - Adnodd iechyd meddwl a lles sydd wedi'i anelu at fyfyrwyr addysg uwch Cymraeg eu hiaith sy'n astudio yng Nghymru a thu hwnt. Mental health Resources in Welsh
https://myf.cymru/

Student Space - Expert information and advice to help you through the challenges of student life.
https://studentspace.org.uk/

Students Against Depression -
A website for students, by students!
https://www.studentsagainstdepression.org/

CALM – Campaign Against Living Miserably. Online resources, advice, webchat, and Helpline for anyone struggling with suicidal thoughts.
Helpline: 0800585858
www.calmzone.net

C.A.L.L - confidential listening and support service Phone: 0800 132737 or text 'help' to 81066
www.callhelpline.org.uk

Papyrus - Prevention of young suicide.
Hopeline 24/7: 0800 068 41 41
https://www.papyrus-uk.org

MindOut - A mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people.
https://mindout.org.uk/

Online Courses

SilverCloud - Online therapy platform.
Users can choose from one of 17 online mental health and wellbeing programmes to complete at their own pace over 12 weeks.
Programme options include help with anxiety, depression, stress, sleep, and money worries.
https://nhswales.silvercloudhealth.com/signup/

ACTivate Your Life - Free online course available through Public Health Wales. Learn about your mind and the skills that can help you gain control of difficult thoughts and feelings.
https://phw.nhs.wales/services-and-teams/activate-your-life/