






NHS recommended Apps

	<p>Calm Harm is an app to help manage the urge to self-harm</p>
	<p>Clear Fear to help young people focus on reducing their physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.</p>
	<p>Move Mood is designed to improve a young person's mood by encouraging them to increase their motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive.</p>
	<p>The Worth Warrior app, recommended for ages 12 and above, uses principles of Cognitive Behaviour Therapy for Eating Disorders (CBT-E).</p>
	<p>Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.</p>

Useful resources online

Family Counselling Trust	Low cost, early intervention counselling service for children and their families in Dorset, Hampshire, Somerset and Wiltshire	Family Counselling Trust Childrens Mental Health Charity South England
Kooth	online emotional wellbeing and mental health support for children and young people aged 10-18 - includes access to self-help materials. Practitioners online offer live chat until 10pm	Home - Kooth
The Mix	an online support service for young people to help young people face the challenges before them such as: mental health, money, finding a job, from break-ups to drugs. Talk via an online community, or free, confidential helpline or counselling service.	Get Support - The Mix
stem4	supporting teenage mental health	stem4 - supporting teenage mental health
YoungMinds	Mental Health support for young people and their parents	YoungMinds Mental Health Charity For Children And Young People YoungMinds

Support in our local community

Activity	Information	Contact
ASCape	autism and anxiety-friendly groups and activities for children and to organise events and forums to bring parents and carers together	info@ascapegroup.org
B Sharp	provides an exciting and inclusive programme of high-quality music making, training, youth leadership and performance, underpinned by core social values.	info@bsharp.org.uk
BACstage Youth Theatre	gives young people aged 12-18 years the chance to express themselves and to explore issues relevant to them in a safe space with their peers	BACSTAGE YOUTH THEATRE (Spring 2023) - Bridport Arts (bridport-arts.com)
The Bank of Dreams and Nightmares	offers free creative writing workshops to children developed with industry professionals with real world outcomes, to show children just how far their writing can take them	Contact 1 — The Bank of Dreams and Nightmares
Bridport Community Shed	Young people develop creative group in small groups held on Saturday mornings	bridportcommunityshed@gmail.com
The Donkey Sanctuary, Sidmouth	donkey-assisted therapy sessions in Sidmouth designed to help develop life skills, specifically	01395 578222

	self-esteem, empathy and managing emotions, in vulnerable children	
The Ranch, Weymouth	promote the mental and emotional health of individuals and families in Dorset by providing animal assisted and equine therapy with the addition of rescued animals.	theranchweymouth@gmail.com
Prout Bridge, Beaminster	Youth mental health service supporting young people to improve wellbeing. Counselling for 16+	info@proutbridgeproject.com
Space Youth Project	supporting young LGBT+ people and their families - free youth groups open to any lesbian, gay, bisexual, trans or questioning (LGBT+) young person under the age of 25	hello@spaceyouthproject.co.uk
Teen Glow	a supportive and inclusive class covering a mixture of Pilates and Yoga, focussing on body awareness, mobility, stretching and core strengthening	sarahchurchill@phonecoop.coop