

# Helpful Resources

For Primary School Children

Surrey Heath Mental Health Support Team



- Urgent support
- Advice, information and resources
- Mental Health services in Surrey



fighting for young people's mental health



- 24/7 text support
- Guides, advice and tips
- Real life stories from other young people



- Help and advice
- Call and speak to someone about anything you'd like to talk about
- 1-2-1 counsellor chat online

## ORCHA

<https://sabp.orchacore.co.uk/>

Search for quality reviewed apps to support your mental health



ThinkNinja is designed for children and young people (10-18 years old) to help educate about mental health and emotional wellbeing.



The Headspace app offers mindfulness activities for ages 3-5, 6-8, & 9-12.



The Chill Panda app offers calming exercises such as Square Breathing and Yoga.



Moshi is an app that helps kids sleep. It creates relaxing and soothing stories, music, meditations and calming sessions for children.



## Books

Helpful books to support with anger, anxiety, self-esteem, low-mood and sleep.

