

Erewash Covid-19 Weekly Support Update - 14.04.2020 (NEW INFORMATION HIGHLIGHTED IN GREEN)

Information for families within Erewash

Foodbanks – Please remember these services are stretched therefore only request delivery if there is no other option.

Food Bank/Food Support	Address	Contact Details	Opening Times	Information	Delivery
Arena Church Ilkeston Food Bank	Belfield St, Ilkeston DE7 8DU	Telephone - 0115 944 2996 Email - admin@arenachurch.co.uk	Now open 10am – 16:00 each day.	This food bank requires information about the individual/family to sign them up to the scheme. People using the service can still go to the foodbank but strict distancing procedures are in place. If an individual/family are isolating please contact Jo.Mcguire@derbyshire.gov.uk or Leanne.Parry@derbyshire.gov.uk to see if they can arrange for a volunteer to drop of the parcel.	Very limited, please contact the foodbank to request.
Long Eaton/Sawley/ Castle Donnington	Long Eaton: Christ Church Methodist Church 1 College Street Long Eaton	07950547671 info@longeatonsawley.foodbank.org.uk	Various and extended times.	The food bank are working extended hours to support their community. They are also offering support to the wider community including Draycott and surrounding areas.	Available and normally being delivered

	<p>Nottingham NG10 4NE</p> <p>Sawley: 165 Wilmot Street Sawley Long Eaton Nottingham NG10 3EL</p> <p>Castle Donington St Edwards Church Hall St Ann's Lane Castle Donington DE74 2LF</p>			<p>Please email the foodbank and request a home delivery for your family/individual who are currently isolating.</p> <p>DCC employees if you are making a referral please contact your agreed BS support (You will be made aware of this contact via email)</p>	<p>the next day.</p>
<p>The Big Kirk Hallam</p>	<p>Kenilworth Dr, Kirk Hallam, Ilkeston DE7 4EX</p>	<p>Telephone - 0115 8371380</p> <p>Facebook page - https://www.facebook.com/BigKirkHallamCC/</p>	<p>The community shop will be open this week (Monday 30th March)</p> <p>Wednesday 2-4pm, Thursday 10am- 12noon,</p>	<p>This community shop is open to the public and enforcing the strict guidelines around social distancing.</p> <p>There are many affordable products to buy between 50p – £2.00 including meat, vegetables, drinks, hand soap etc.</p> <p>Also a great space for support within the Kirk Hallam Community.</p>	<p>Not currently being offered.</p>

			Friday 10am - 12noon		
Benjamin Pierre Durnan- Fletcher	Long Eaton	Telephone - 07548288652 nise.skateboards@gmail.com		Volunteer lead project who are providing cooked meals for residents over the whole of Erewash. Please contact Benjamin to refer the elderly and vulnerable people within your community. Please make them aware of any allergies and food intolerances.	All food can be delivered

Money and Finance



Citizens Advice Erewash

What support do they offer?

- To provide the advice people need for the problems they face
- To improve the policies and practices that affect people's lives
- Consumer Rights Debt, Discrimination, Education, Employment, Family and personal, Housing, Immigration & Nationality, Legal Problems, Social Security Benefits, Utilities.

Contact: 0300 456 8390

Website: <https://www.citizensadvice.org.uk>



HM Revenue and Customs - HMRC announces that parents of new-borns can claim child benefit without registering child's birth. New measure introduced to ensure that people are able to claim while General Register Offices are closed due to coronavirus outbreak

What support do they offer? HMRC has announced that parents of new-borns can claim child benefit without registering the child's birth while General Register Offices are closed in response to the coronavirus (COVID-19) outbreak. Setting out the new measure today, HMRC says that first time parents will need to fill in [Child Benefit Claim form CH2](#) and send it to the Child Benefit Office, and that they should add a note to the claim if they have been unable to register the birth because of COVID-19. HMRC also advises that, if people are already in receipt of child benefit, they can complete the form or add their new-born's details over the phone on 0300 200 3100.

Website: <https://www.gov.uk/government/news/dont-miss-out-claim-child-benefit-by-phone-or-post-hmrc-tells-new-parents>



Universal Credit

What support do they offer? This site is updated daily and contains information of benefits, Universal Credits etc.

If a person can't sign on or visit JC+, then they need to record in their journal that they are self-isolating because of(state reason) and do the questionnaire on the link below.

Contact: 0800 328 5644

Website: <https://www.understandinguniversalcredit.gov.uk/coronavirus>

Housing Support

Please contact your own social housing provider or mortgage lender (These details will be on any correspondence you have had from your provider). Other support/advice available from:



DHA – Direct Help and Advice Housing Ilkeston

What support do they offer? FREE specialist housing advice

Tel: 0115 930 0199

Website: <https://www.dhadvice.org>

Erewash Borough Council – Housing Support

What support do they offer? Preventing homelessness, and providing temporary homes to qualifying households if they do become homeless. We do this by working with tenants, housing associations (such as EMH Homes), private landlords and other organisations to help people stay in their home or find alternative housing. **Telephone:** 0115 907 2244



Website: www.erewash.gov.uk/index.php/for-you/housing-menu.html



EMH Homes

What support do they offer? Housing Support within the Erewash Area.

Telephone: 0300 123 6000

Email: enquiries@emhhomes.org.uk

Website: www.emhhomes.org.uk

Safeguarding



Derbyshire County Council – Starting Point

What support do they offer? If you are concerned that a child is suffering or is at risk of significant harm please contact Call Derbyshire.

Telephone: 01629 533190



Website: www.derbyshire.gov.uk/startingpoint

ChildLine

What support do they offer? If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Telephone: 0800 1111

Website: <https://www.childline.org.uk>



NSPCC

What support do they offer? Support for Children and parents in relation to mental health, safety, bullying and various other support.

Telephone: 0808 800 5000

Website: <https://www.childline.org.uk>

Community Support

In these unusual times volunteers across local communities are coming together on online platforms including Facebook/Twitter and are trying to support local communities. Please check your local groups online to keep up to date. Please be thoughtful when using social media, is it safe, is it legal and is it secure.



Erewash Voluntary Action

What support do they offer?

Erewash Voluntary Action has set up a new service in response to the COVID-19 Virus and people who are in self-isolation. This will be a time limited service to provide a one-off shop or prescription collection service in response to those most in need; to people who have no other support network at this difficult time to provide them with some much-needed shopping essentials.

Self-referrals for this service can now be made by either calling Erewash Voluntary Action on 0115 9466740 (9.00 – 3.30pm) or complete the attached CV-19 Referral Form with as much information as possible and return to cvresponse@erewashcvs.org.uk.

Once the referrals have been received, we shall allocate a DBS checked and trained member of staff or volunteer. Please call to limit exposure, we will not be conducting a face to face meeting prior to allocation, so it is imperative that a CV-19 Referral Form is completed in full.

Telephone: 0115 946 6740

Email: enquiries@erewashcvs.org.uk

Website: <http://www.erewashvoluntaryaction.org.uk/>



Derbyshire County Council - Community Response Unit Launched to Help Those in Need

What support do they offer? There's information here for those who need help during the coronavirus outbreak and how to get it. We can help you if you have no friends or family you can call on and:

- you are self-isolating because you or a member of your household is at risk
- you are struggling to meet your basic needs because of financial, social or health restrictions

- you are pregnant
- you have underlying health conditions
- you are aged 70 or over.

We can help you with shopping, or fetching your prescription or finding someone to have a chat with.

Website: <https://derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>



Derbyshire
Fire & Rescue Service

Derbyshire Fire and rescue Service – Befriending Service

What support do they offer: ““Staff working on our telephone befriending service will contact people who are already known to the Service, over the age of 70, or identified as vulnerable and have a general friendly chat about a range of subjects”.

Website - <https://www.derbys-fire.gov.uk/news/news-items/derbyshire-fire-rescue-to-support-community-response>

Domestic Abuse



Safer Derbyshire

What support do they offer? The service available in Derbyshire offers advice and support to victims, professionals and other agencies dealing with domestic abuse issues.

Telephone: 08000 198 668

Text: 07534 617252

Website: www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx

Other useful websites include:

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

<http://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

<https://chat.womensaid.org.uk/>

<https://mensadviceline.org.uk/>

<http://respect.uk.net/>

Mental Health and Staying Active



Rethink Mental Health - Derbyshire Recovery and Peer Support Service

What support do they offer? We support people who are having difficulties with their mental health across the whole spectrum of mental illnesses. We do this by offering targeted goal-focused support, developing peer support and volunteer opportunities across Derbyshire, and also peer support groups where there is a need

Telephone: [01773 734989](tel:01773734989)

Website: https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/?gclid=EAlaIqobChMIOf_ZjonK6AIVxITVCh365AM2EAAYASAAEgLqGvD_BwE



Samaritans

What support do they offer? Offering mental health support and can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.

Telephone: 116123

Website: <https://www.samaritans.org/branches/derby/>



Active Derbyshire

What support do they offer? Active Derbyshire have created an Active at Home webpage to help provide individuals with tools and ideas about what they can be doing to stay active.

Telephone: 01773 741915

Website: <https://www.activederbyshire.org.uk/active-at-home>



Qwell

What support do they offer? Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of

topics.

Website: www.qwell.io/



Derbyshire Healthcare

What support do they offer? Out-of-hours mental health support is now available to Derbyshire residents of all ages through a new mental health support line. Call 0300 790 0596 between the hours of 9am and midnight, seven days a week.

Website - <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

Derbyshire Recovery & Peer Support Service

ONLINE PEER TO PEER SUPPORT GROUP

A judgement free, safe space, to offer support during the COVID-19 pandemic.



EVERY THURSDAY AT 6PM ON ZOOM



**FOR MORE INFORMATION OR TO JOIN THE GROUP
GIVE US A CALL ON 01773 734989
OR TEXT 07537410028**



EMOTIONAL SUPPORT HELPLINE



**WE ARE OPEN
9.00-17:00
GOOD FRIDAY (10th APRIL)
EASTER MONDAY (13th APRIL)**

**GIVE US A CALL ON 01773 734989
OR TEXT 07537410028
WEBCHAT AVAILABLE AT
WWW.RETHINK.ORG/SERVICES-GROUPS/SERVICES/DERBYSHIRE-RECOVERY-AND-PEER-SUPPORT-SERVICE**

you take time to talk - we take time to listen... **time to talk**



listening line

For a friendly, safe, listening support you can call one of our numbers to speak to one of our team:

07434612417
07434612415
07434612638

lines open Monday-Friday
10.00am-12.00pm, 7.00pm-9.00pm

*Whilst we don't charge for our service, you should check with your provider whether there will be any call charges
*Time To Talk is a service for the community staffed by volunteers from the Oasis Christian Centre, 129-131 Derby Road, Long Eaton, NG10 4LL



Our staff are trained in mental health first aid

Health Updates



NHS

What support do they offer? Up to date information on Covid-19 and where to access support. Support around symptoms and how to act.

Telephone: If you need help not but it's not an emergency call 111 for EMERGENCIES call 999.

Website: <https://www.nhs.uk/>



Public Health England

What support do they offer? Up to date information in relation to Health and Covid-19

Website: <https://www.gov.uk/government/organisations/public-health-england>

Parenting support



Home Start - Erewash

What support do they offer? Home-Start works with families in communities, starting in the home our approach is as individual as the people we're helping. No judgement, it is just compassionate, confidential help and expert support. Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need. Due to the current Covid-19 situation there will be changes to the way HomeStart offer their service.

Telephone: 0115 930 4640

Email: Complete contact form on the website

Website: www.home-start.org.uk

Erewash Children's Centre Activity Guide
For more information on any group or activity, please visit the relevant centre as indicated on the guide.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Handwriting Support Group 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p>	<p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p>	<p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p>	<p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p>	<p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p> <p>Children's Centre Open Day 10.30am - 11.30am 1st Floor, Erewash Children's Centre 100, Erewash Road, Erewash, Derby DE22 3JG 0115 930 4640</p>

Erewash Children's Centre Facebook

What support do they offer? Daily updates, information and clever ways to keep your child entertained.

Contact via Facebook: Why not give the page a like?

Facebook page: <https://www.facebook.com/Erewash-childrens-centres-767398753323956/>

Employment – Please see attached list of online sites for support



Derbyshire County Council

What support do they offer? On this site you can find useful information about our current vacancies, applying for our jobs, what it's like to work with us and the different services we provide.

Website: <https://jobs.derbyshire.gov.uk/>



Indeed Job Search

What support do they offer? Daily updated jobs within your area, CV building and company reviews.

Website: www.indeed.co.uk



Department of Work and Pensions

What support do they offer? Official site, updated daily in relation to all work and pensions across the UK.

Website: <https://www.gov.uk/government/organisations/department-for-work-pensions>

Funding for Community Groups/Families/Charities



Business
Services

Children in Need Emergency Essentials Programme

What support do they offer? BBC Children in Need Emergency Essentials Programme supports children and young people who are facing exceptionally difficult circumstances, and is delivered by Family Fund Business Services. The programme provides items that meet a child's most basic needs such as a bed to sleep in, a cooker to provide a hot meal and other items or services critical to child's wellbeing. All applications must be made by a registered referrer.

Website - <https://www.familyfundsolutions.co.uk/emergency-essentials/>



Homeless Link

What support do they offer? On 31 March 2020 Crisis announced that it had established a fund to support local groups across the UK, who are financially affected by demands on their resources due to the coronavirus outbreak. The following grants are available:

Awards up to £5,000 for short-term responses to the coronavirus emergency (projects within 3 months), following a limited/fast-tracked application process (payments made in advance)
Awards up to £10,000 to fund more structural needs, following a full application process (see below) (payments made in advance)
Awards up to £50,000 to fund long-term needs and potential expansion or change in service delivery, following a full application process (payments in advance, but with potential for staged payments over a specified period)

Website - <https://www.homeless.org.uk/connect/blogs/2020/mar/31/crisis-emergency-grants-fund>

Support for Children and Young People

Need someone to talk to?



ChildLine

What support do they offer? Information and advice on managing anxiety, bullying, internet safety, staying safe and a place you can speak to trained counsellors.

Telephone: 0800111

Online Chat: Available on their website

Website: www.childline.org.uk



Derbyshire LGBT+

What support do they offer? Specialist LGBT+ support for young people and their families across Derbyshire. Currently offering online support via youth groups, one to one support over the phone and email.

Telephone: 01332 207704

Email: INFO@DERBYSHIRELGBT.ORG.UK

Online chat: Available on Facebook - www.facebook.com/derbyshirelgbt/

Website: <https://www.derbyshirelgbt.org.uk>

Mental and Emotional Wellbeing



Mind – For better mental health

What support do they offer? Support and advice to empower anyone experiencing mental health.

Telephone: 0300 123 3393

Text: 86463 and online chat available

Website: www.mind.org.uk



Action for Children

What support do they offer? We protect and support children and young people, provide practical and emotional care and support, ensure their voices are heard, and campaign to bring lasting improvements to their lives. Offering support around fostering, adoption and through resources.

Website: www.actionforchildren.org.uk

Useful online resources!



Place2Be

What support do they offer? Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools. They have lots of online resources for professionals to support through the covid-19 pandemic.

Telephone: 020 7923 5581 and **Out of hours:** 07850 265681

Website: www.place2be.org.uk

The logo for Young Minds consists of the word 'YOUNGMiNDS' in a bold, sans-serif font. 'YOUNG' is in yellow, 'Mi' is in grey, and 'NDS' is in a darker grey. Below this, the tagline 'fighting for young people's mental health' is written in a smaller, grey, sans-serif font.

Young Minds

What support do they offer? A link to the Young minds website offering suggestions to try and help limit worries. Also offering support for parents including a call back service.

Text: text YM to 85258

Website: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

Lots of FREE resources to use!



What support do they offer? An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Online chat: Available

Website: www.kooth.com

Online Activities

Check out the attached activities sheet for lots of activities to keep everyone busy online.



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Information



Newsround

What support do they offer? Relevant news and information for young people aged 6-16. They also offer information and advice on topics like Covid-19, managing feelings etc. Young person focused news!

Website: www.bbc.co.uk/newsround



The Mix

What support do they offer? Essential support for under 25's including resources, Covid-19 discussion forums with useful tips, useful apps and a list of where to get support

Website - <https://www.themix.org.uk/>

Education



Derbyshire County Council

What support do they offer? Up to date information for all schools across **Derbyshire** in relation to school closures etc.

Website: www.derbyshire.gov.uk/education/education-and-learning.aspx



Department of Education

What support do they offer? Up to date information in relation to all aspects of education for the UK.

Website: www.gov.uk/government/organisations/department-for-education

Alcohol and Substance misuse support



Change Grow live

What support do they offer? We support young people who are using drugs or alcohol, feel they have a problem and want some help. We're not here to judge you or tell you what to do, but we can help you make the changes you want to make.

Telephone: 01773 303646

Email: derbyshire@cgl.org.uk.

Website: www.changegrowlive.org/young-peoples-service-derbyshire/info

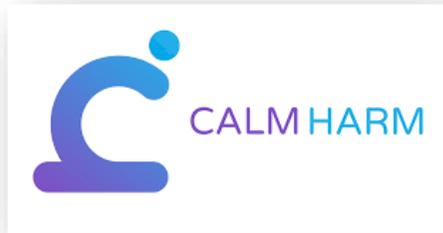


Derbyshire – Your Sexual Health Matters

What Support do they offer? Our Sexual Health Matters provides a free and confidential condom and lube by post service to people who live in Derbyshire and Derby City. If you are 13 to 15, one of our practitioners will call you for a chat - we will require a mobile or land line telephone number before we are able to process your order.

Website: <https://www.yoursexualhealthmatters.org.uk/contraception/condoms/postal-condoms>

Useful Apps



Calm Harm

FREE App - Download on your apps

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.



Cove

FREE App - Download on your apps

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



MEETWO

Download on your apps for FREE

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.

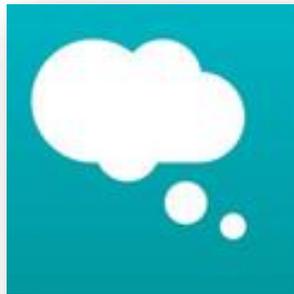
You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



Thrive

Download on your apps for FREE

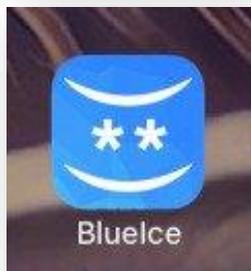
Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.



Catch It

Download on your apps for FREE

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Blue Ice

Download on your apps for FREE

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.