

APPS TO SUPPORT YOUR WELLBEING



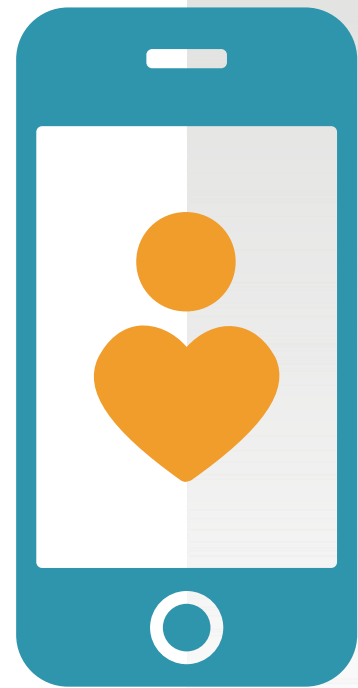
PAPYRUS
PREVENTION OF YOUNG SUICIDE

CALL HOPELINE247 ON 0800 068 4141

The internet and social media can help us stay connected with others, but sometimes it might make us feel bad about ourselves too; especially if we compare ourselves to others.

However, there is useful information available online and technology can be used to help you access support to help with how you feel.

The PAPHYRUS App Library can help you to access the support you need, and locate the apps which will be most beneficial for you.



PAPYRUS APP LIBRARY



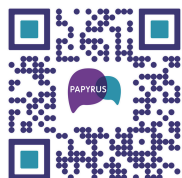
The Papyrus App Library is a place where you can find health or care apps that can support you with your health and wellbeing.

Apps can be a fantastic tool of support, that can be accessed on the go, at any time of day, and are kept securely on your own device. There are thousands of apps available on our devices, which can be overwhelming, but how do we know which ones are safe? PAPHYRUS has worked in collaboration with ORCHA to design an app library that is not just easy to use, but a place where all of the apps have been reviewed and assessed to ensure they are safe for you to use. Many of the apps in the PAPHYRUS App Library are free or low cost.

Apps can help:

- Develop and learn new distraction techniques and coping skills.
- Help you to manage symptoms and mood such as manage feelings of stress, anger, sadness, and self-harm.
- Convenience and accessibility of care and support anywhere and anytime.
- Some can help you with relaxation and aid with sleeping issues.

To find out more about the Papyrus app library, head to the App Library FAQs page: papyrus.orchhealth.com/en-GB/faqs



Scan the QR code to access the PAPHYRUS App Library, or visit: papyrus.orchhealth.com/en-GB



HOPELINE247



If you are struggling to distract yourself from your thoughts, talking can be helpful. For a safe space to talk through thoughts of suicide, speak to a Suicide Prevention Adviser by calling HOPELINE247.

Call: 0800 068 4141

Text: 88247

Email: pat@papyrus-uk.org

Try reaching out to those close to you - speak to family and friends, let them know how you are feeling so they can support you with staying safe from suicide.



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