

# Helpful resources for young people's mental health



Here are some trustworthy sources of support, guidance, advice and training around young people's mental health and wellbeing.



## **Action for Happiness** [actionforhappiness.org](http://actionforhappiness.org)

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

## **Anna Freud Centre** [annafreud.org](http://annafreud.org) | Tel: 0207 794 2313 | Email: [info@annafreud.org](mailto:info@annafreud.org)

A children's mental health charity providing specialist help, research and training for children, young people, families and schools.

## **Association for Young People's Health (AYPH)** [youngpeopleshealth.org.uk](http://youngpeopleshealth.org.uk)

A charity and membership forum working to promote the health and wellbeing of 10-24 year olds.

## **Barnados** [barnados.org.uk](http://barnados.org.uk)

A leading children's charity which provides services, research and guidance on a range of issues concerning children's wellbeing including child poverty, sexual exploitation, disability and domestic violence.

## **Charlie Waller Memorial Trust** [cwmt.org.uk](http://cwmt.org.uk)

Awareness, information and resources for young people who are depressed, as well as training for families, schools, colleges, universities, workplaces and GPs.

## **ChildLine** [childline.org.uk](http://childline.org.uk) | Tel: 0800 1111

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

## **Early Intervention Foundation** [eif.org.uk](http://eif.org.uk)

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

## **Family Links** [familylinks.org.uk](http://familylinks.org.uk)

Offers programmes for parents of children from -9 months to 18+ providing adults and children with skills to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. Specialist programmes include parenting with Islamic Values, work with parents in prison and with parents of children with a disability or special needs.

## **Heads Together** [headstogether.org.uk](http://headstogether.org.uk)

A campaign to end mental health stigma spearheaded by the Duke and Duchess of Cambridge and Prince Harry.

## **Hub of Hope** [hubofhope.co.uk](http://hubofhope.co.uk)

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.



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## **Kooth** [kooth.com](https://kooth.com)

Free support services for young people delivered by qualified counsellors via online chat.

## **Mental Health and Behaviour in Schools**

[gov.uk/government/publications/mental-health-and-behaviour-in-schools--2](https://gov.uk/government/publications/mental-health-and-behaviour-in-schools--2)

The Department for Education (DfE) developed this set of advice and practical tools to help schools promote pupil mental health, identify and support pupils with more severe needs and make appropriate referrals to specialist agencies where necessary.

## **Mental Health Foundation** [mentalhealth.org.uk](https://mentalhealth.org.uk)

UK charity dedicated to finding and addressing the sources of mental health issues. Includes information, research, resources and an invaluable A-Z of mental health terms.

## **Mind** [mind.org.uk](https://mind.org.uk)

National charity providing information, advice, and campaigning to promote and protect good mental health for everyone.

## **MindEd** [minded.org.uk](https://minded.org.uk)

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

## **Mindfulness in Schools Project training courses** [mindfulnessinschools.org/courses](https://mindfulnessinschools.org/courses)

A charity whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

## **MindUP** [mindup.org/u-k](https://mindup.org/u-k)

A learning programme for teachers and pupils based on positive psychology and mindfulness.

## **The Mix** [themix.org.uk](https://themix.org.uk) | Tel: 0808 808 4994

A leading digital support service on a range of issues impacting young people's wellbeing including mental health, money, homelessness, employment, relationships and drugs. An online chat and a crisis messenger is available on the site.

## **myHappyMind** [myhappymind.org](https://myhappymind.org)

A curriculum to help schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Supports schools in creating a positive and growth-oriented whole school culture.

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**Place2Be** [place2be.org.uk](http://place2be.org.uk) | Tel: 0207 923 5500 | Email: [enquiries@place2be.org.uk](mailto:enquiries@place2be.org.uk)

Offers counselling support for young people in schools helping them to cope with wide-ranging and complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

**Reading Well Books on Prescription**

[reading-well.org.uk/books/books-on-prescription/young-people-mental-health](http://reading-well.org.uk/books/books-on-prescription/young-people-mental-health)

A set of books about mental health for 13-18 year olds, available at local libraries. Provides advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

**Rethink Mental Illness** [rethink.org](http://rethink.org) | Tel: 300 5000 927 | Email: [advice@rethink.org](mailto:advice@rethink.org)

National mental health membership charity working to help everyone affected by severe mental illness recover a better quality of life. Provides services, information and support.

**Rise Above for Schools** [campaignresources.phe.gov.uk/schools/topics/rise-above/overview](http://campaignresources.phe.gov.uk/schools/topics/rise-above/overview)

Resources for teaching PSHE curriculum topics to KS3 and KS4 pupils with flexible lesson plans, slide decks and video content. Covers a range of wellbeing topics including bullying and cyberbullying, alcohol, exam stress and body image.

**Royal College of Psychiatrists** [rcpsych.ac.uk](http://rcpsych.ac.uk)

Readable and well-researched information about mental health with information for parents, teachers and young people.

**Samaritans** [samaritans.org](http://samaritans.org) | Tel: 116 123 (any time) | Email: [jo@samaritans.org](mailto:jo@samaritans.org)

A confidential emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Student Minds** [studentminds.org.uk](http://studentminds.org.uk)

A charity working with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students. Offers information and support for students.

**Switchboard** [switchboard.lgbt](http://switchboard.lgbt) | Tel: 0300 330 0630 (any time) | Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

Confidential support and information for the lesbian, gay, bi, and trans community.

**Time to Change** [time-to-change.org.uk](http://time-to-change.org.uk)

An anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Website includes resources for campaigning against mental health stigma and discrimination.

**Winston's Wish** [winstonswish.org.uk](http://winstonswish.org.uk) | Freephone helpline: 08088 020 021

Provides specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

**YoungMinds** [youngminds.org.uk](http://youngminds.org.uk) | Tel: 0808 802 5544

A UK charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Visit [mhfaengland.org](http://mhfaengland.org) for tips to support young people's mental health and information about Youth Mental Health First Aid courses

