

## Helpful resources for young people's mental health

**Association for Young People's Health (AYPH)** [www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk) Telephone: 0207 922 7715 A charity and membership forum which aims to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs, improving access to information, resources, innovation and best practice, and promoting evidence-based practice by making research findings more accessible and supporting new studies into young people's health.

**Anna Freud National Centre for Children and Families:** [www.annafreud.org](http://www.annafreud.org)

**Child Line** [www.childLine.org.uk](http://www.childLine.org.uk) Telephone: 0800 1111 Counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.

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

**Elament** [www.elament.org.uk](http://www.elament.org.uk) Elament is a Scottish mental health website offering support and resources.

**KOOTH:** [www.Kooth.com](http://www.Kooth.com)

**Heads Together** [www.headstogether.org.uk](http://www.headstogether.org.uk) A campaign to end stigma around mental health spearheaded by the Duke and Duchess of Cambridge and Prince Harry. Heads Together aims to change the national conversation on mental health and wellbeing.

**Mental Health Foundation** [www.mentalhealth.org.uk](http://www.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** [www.mind.org.uk](http://www.mind.org.uk) National charity organisation providing information, advice, and campaigning to promote and protect good mental health for everyone.

**Muslim Youth Helpline** [www.myh.org.uk](http://www.myh.org.uk) Telephone: 0808 808 2008 (weekdays 6pm – 12am, weekends 12pm – 12am) Text: 07860 022 811 Email: help @myh.org.uk Internet chat available through website. Offers support to young Muslims in distress.

**Place2Be** [www.place2be.org.uk](http://www.place2be.org.uk) Telephone: 0207 923 5500 Email: enquiries@place2be.org.uk Offers a range of counselling support for young people in schools helping them to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

**Rethink Mental Illness** [www.rethink.org](http://www.rethink.org) Telephone: 0300 5000 927 (Weekdays 9:30am – 4pm) Email: info@rethink.org / advice@rethink.org National mental health membership charity working to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

**Royal College of Psychiatrists** [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk) The Royal College of Psychiatrists website includes readable and well-researched information about mental health for the public, with information for parents, teachers and young people.

**Samaritans** [www.samaritans.org](http://www.samaritans.org) Telephone: 116 123 (any time) National minicom number: 08457 90 91 92 Email: [jo@samaritans.org](mailto:jo@samaritans.org) Address: Chris, PO Box 9090, Stirling, FK8 2SA Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.

**Stonewall** [www.stonewall.org.uk](http://www.stonewall.org.uk) Telephone: 020 7593 1850 (Weekdays 9.30am – 5.30pm) Email: [info@stonewall.org.uk](mailto:info@stonewall.org.uk) Resources, research, education and advice on issues affecting the lesbian, gay, bi, and trans community.

**Switchboard** [switchboard.lgbt](http://switchboard.lgbt) Telephone: 0300 330 0630 (any time) Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) An LGBT group offering confidential support and information.

**Time to Change** [www.time-to-change.org.uk](http://www.time-to-change.org.uk) Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

**Winston's Wish** [www.winstonswish.org.uk](http://www.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.

**Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk) Telephone: 0808 802 5544 (weekdays 9:30am – 4pm) The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

**Youth Wellbeing Directory:** [www.youthwellbeing.co.uk](http://www.youthwellbeing.co.uk)

**Mental Health and Behaviour in Schools** [www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2](http://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2) The Department for Education (DfE) developed this advice and practical tools to help schools promote positive mental health in their pupils and identify and address those with less severe problems at an early stage and build their resilience. This advice will also help schools identify and support pupils with more severe needs and help them make appropriate referrals to specialist agencies such as Child and Adolescent Mental Health Services (CAMHS) where necessary.

**Mind Ed** [www.minded.org.uk](http://www.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 [www.mindfulnessinschools.org/courses/](http://www.mindfulnessinschools.org/courses/) .b, pronounced [dot-be], stands for 'Stop, Breathe and Be!' and is the name for the range of courses created by Mindfulness in Schools Project, a charity whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

**Mind UP** [www.mindup.org/uk](http://www.mindup.org/uk) A learning programme for teachers and pupils based on positive psychology and mindfulness. A product of the Hawn Foundation.

**myHappyMind** [www.myhappymind.org](http://www.myhappymind.org) A curriculum to help schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Built on scientific research and powered by innovative technology, myHappyMind supports schools in creating a positive and growth-oriented whole school culture.

**BBC Health** [www.bbc.co.uk/news/health](http://www.bbc.co.uk/news/health) Provides content on a range of health topics including (at time of print) an extensive section on mental health issues.

**Department of Health** [www.dh.gov.uk](http://www.dh.gov.uk) [www.gov.uk/government/organisations/department-of-health](http://www.gov.uk/government/organisations/department-of-health) The aim of the Department of Health (DH) is to improve the health and wellbeing of people in England. This site provides health and social care policy and guidance publications and statistics.

**Internet Mental Health** [www.mentalhealth.com/home/](http://www.mentalhealth.com/home/) Broad range of links to mental health resources on the internet.

**Net Doctor** [www.netdoctor.co.uk](http://www.netdoctor.co.uk) Information and online discussion forums on a range of health topics including depression.

**NHS Choices** [www.nhs.uk](http://www.nhs.uk) Telephone: 111 The NHS Choices website contains information about all aspects of health. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Wellness Recovery Action Planning (WRAP)** [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com) A comprehensive guide and resource centre for creating a WRAP, a prevention and wellness process to help people get well and stay well. This process is used extensively by individuals, those who support them, and by health care and mental health systems all over the world.