This is a collection of websites that provide information and support to young people and families. Most of the sites are free though some have paid components to them to access added resources and support. Scan the QR code next to each icon to visit that website.



Young Minds

This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people



Beat

Beat is a website dedicated to **Eating Disorders.**



MindEd

National

Autistic

OCD-UK

MindEd

An online learning and advice resource for anyone interested in, or concerned about, the mental health of children and teenagers.



Childline

A counselling service for children and young people up to their 19th birthday in the UK provided by the NSPCC





Heads Together

and change the conversation on mental health



Frank

Provides facts, support and advice on drugs and alcohol.



MindEd

Help & support for people affected by mental illness.



Head Meds

Provides information on mental health medications.





Child Bereavement UK

Providing information & support To families when a child is bereaved.



let's end mental health

Anna Freud National Centre for

discrimination

A mental health campaign with the objective of reducing mental health-related stigma and discrimination



National Autistic Society

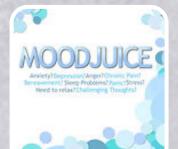
The leading UK charity for autistic people and their



Samaritans

A registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope.





Mood Juice

Offers information, advice to those experiencing troublesome thoughts, feelings and actions.



National Self-Harm Network

Offers support forums, in a safe environment, that can help people understand and manage self-harm



Support and information for those suffering Obsessive-**Compulsive Disorder**



Kidscape

Offers support and information for young people experiencing bullying





Care For The Family

National charity which aims to promote strong family life & help those who face family



Anna Freud Centre

A children's charity dedicated to providing training & support for child mental health services.





women's aid

and adults affected by

Family Lives



SupportLine

Offers confidential emotional telephone support in the UK for men, women, children and young adults





Winstons Wish

people after the death of a parent or sibling

Support children and young



Anxiety

Papyrus

The UK Charity for the prevention of young suicide



Women's Aid

to women and children who have experienced domestic violence.



LGBT Youth Scotland

Advice and support for the LGBT community





Happy Maps

Advice and support for parents, children and young people on a range of mental



MindMate

Helps young people understand the way they are feeling and find the right advice and support.



Therapy Comics

Mental health resources using



Gingerbread

Advice and support for single





Tourettes Action

Support and information about Tourette's Syndrome



Anxiety UK

Advice and support for those suffering from anxiety and



FOUNDATION

ADHD Foundation

Support and information about ADHD.



NSPCC

A charity campaigning and working in child protection in

the United Kingdom





Brave Online

Online CBT for young people experiencing anxiety

Charlie Waller Trust

to understand and talk

positive mental health

openly about depression

and support where young

people know how to maintain

This charity was established



Changing Faces

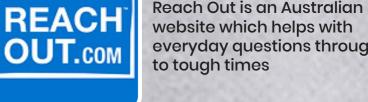
British charity supporting and representing children, young people, and adults who have a visible difference to the face, hands, or body



Stem 4 Charity that supports positive



Gingerbread



everyday questions through to tough times

Reach Out



Heads Above The Waves

A not for profit charity that supports young people with depression and self-harm.





Rise Above

Help Guide

HelpGuide is a small

Rise Above has helpful information about gaining confidence, managing anxiety and general advice from the people who've been there themselves



young people and families. The Proud Trust

themselves.

ACAMH

An organisation that helps young people empower themselves to make a positive change for

The ACAMH website has

as well as resources for

extensive information about

youth mental health topics

professionals working with



the seeds of calm, focus & sleep in the early years, nurture well-being and grow family connections through



keeth

Child Mental Health Ltd

Kooth, from XenZone, is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop and

free at the point of use.

Bridge the Gap

schools develop practical

being and mental health.

strategies to support children's

emotional development, well-





Operation Diversity Academy

An online training, resource and support membership site for parents, carers and guardians of neurodivergent children with SEND

independent nonprofit that runs

one of the world's top 10 mental

health websites. Trustworthy

content that can be used to

improve mental health and make healthy changes.



Amongst the resources provided by AfC is a free and

with parenting staff. Chat

confidential live chat service

online or request a call back

when it's convenient for you.

Action for Children

Teen Sleep Hub The Teen Sleep Hub provides support to teenagers to help

them get the sleep they need.

Self Injury Support



and emotional wellbeing.

Lucy Faithful Foundation The Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to preventing child



A non-profit organisation supporting parents and



Kooth

Harmless is a passionate organisation that works to address and overcome issues related to self-harm and





Alumina

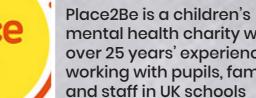
This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people



UK-wide self-harm & selfinjury charity offering direct support, reliable information, expert training and specialist consultancy.



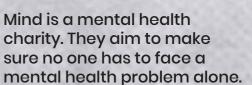




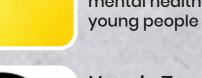
mental health charity with over 25 years' experience working with pupils, families

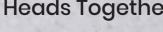


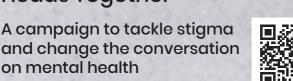
Mind









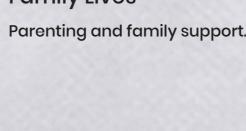




Time To Change



OCD-UK



Offer support and information



comics instead of text



mental health in teenagers.



On My Mind

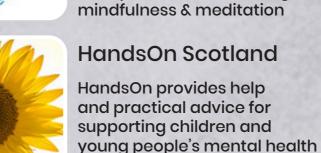
Wee Seeds A digital toolbox to plant

On My Mind aims to empower

informed choices about their

mental health and well-being

young people to make



sexual abuse.

Place To Be

