

NEED SUPPORT?

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.

 <p>Young Minds This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people</p> 	 <p>Beat Beat is a website dedicated to Eating Disorders.</p> 	 <p>MindEd An online learning and advice resource for anyone interested in, or concerned about, the mental health of children and teenagers.</p> 	 <p>ChildLine A counselling service for children and young people up to their 19th birthday in the UK provided by the NSPCC</p> 
 <p>Heads Together A campaign to tackle stigma and change the conversation on mental health</p> 	 <p>Frank Provides facts, support and advice on drugs and alcohol.</p> 	 <p>MindEd Help & support for people affected by mental illness.</p> 	 <p>Head Meds Provides information on mental health medications.</p> 
 <p>Child Bereavement UK Providing information & support to families when a child is bereaved.</p> 	 <p>Time To Change A mental health campaign with the objective of reducing mental health-related stigma and discrimination</p> 	 <p>National Autistic Society The leading UK charity for autistic people and their families.</p> 	 <p>Samaritans A registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope.</p> 
 <p>Mood Juice Offers information, advice to those experiencing troublesome thoughts, feelings and actions.</p> 	 <p>National Self-Harm Network Offers support forums, in a safe environment, that can help people understand and manage self-harm</p> 	 <p>OCD-UK Support and information for those suffering Obsessive-Compulsive Disorder</p> 	 <p>Kidscape Offers support and information for young people experiencing bullying</p> 
 <p>Care For The Family National charity which aims to promote strong family life & help those who face family difficulties</p> 	 <p>Anna Freud Centre A children's charity dedicated to providing training & support for child mental health services.</p> 	 <p>Family Lives Parenting and family support.</p> 	 <p>SupportLine Offers confidential emotional telephone support in the UK for men, women, children and young adults</p> 
 <p>Winstons Wish Support children and young people after the death of a parent or sibling</p> 	 <p>Papyrus The UK Charity for the prevention of young suicide</p> 	 <p>Women's Aid Offer support and information to women and children who have experienced domestic violence.</p> 	 <p>LGBT Youth Scotland Advice and support for the LGBT community</p> 
 <p>Happy Maps Advice and support for parents, children and young people on a range of mental health issues</p> 	 <p>MindMate Helps young people understand the way they are feeling and find the right advice and support.</p> 	 <p>Therapy Comics Mental health resources using comics instead of text</p> 	 <p>Gingerbread Advice and support for single parents</p> 
 <p>Tourettes Action Support and information about Tourette's Syndrome</p> 	 <p>Anxiety UK Advice and support for those suffering from anxiety and panic.</p> 	 <p>ADHD Foundation Support and information about ADHD.</p> 	 <p>NSPCC A charity campaigning and working in child protection in the United Kingdom</p> 
 <p>Brave Online Online CBT for young people experiencing anxiety</p> 	 <p>Changing Faces British charity supporting and representing children, young people, and adults who have a visible difference to the face, hands, or body</p> 	 <p>Stem 4 Charity that supports positive mental health in teenagers.</p> 	 <p>Reach Out Reach Out is an Australian website which helps with everyday questions through to tough times</p> 
 <p>Charlie Waller Trust This charity was established to understand and talk openly about depression and support where young people know how to maintain positive mental health</p> 	 <p>ACAMH The ACAMH website has extensive information about youth mental health topics as well as resources for professionals working with young people and families.</p> 	 <p>On My Mind On My Mind aims to empower young people to make informed choices about their mental health and well-being</p> 	 <p>Heads Above The Waves A not for profit charity that supports young people with depression and self-harm.</p> 
 <p>Rise Above Rise Above has helpful information about gaining confidence, managing anxiety and general advice from the people who've been there themselves</p> 	 <p>The Proud Trust An organisation that helps young people empower themselves to make a positive change for themselves.</p> 	 <p>Wee Seeds A digital toolbox to plant the seeds of calm, focus & sleep in the early years, nurture well-being and grow family connections through mindfulness & meditation</p> 	 <p>Kooth Kooth, from XenZone, is 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.</p> 
 <p>Operation Diversity Academy An online training, resource and support membership site for parents, carers and guardians of neurodivergent children with SEND</p> 	 <p>Action for Children Amongst the resources provided by AfC is a free and confidential live chat service with parenting staff. Chat online or request a call back when it's convenient for you.</p> 	 <p>HandsOn Scotland HandsOn provides help and practical advice for supporting children and young people's mental health and emotional wellbeing.</p> 	 <p>Bridge the Gap A non-profit organisation supporting parents and schools develop practical strategies to support children's emotional development, well-being and mental health.</p> 
 <p>Help Guide HelpGuide is a small 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.</p> 	 <p>Teen Sleep Hub The Teen Sleep Hub provides support to teenagers to help them get the sleep they need.</p> 	 <p>Lucy Faithfull Foundation The Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to preventing child sexual abuse.</p> 	 <p>Harmless Harmless is a passionate organisation that works to address and overcome issues related to self-harm and suicide.</p> 
 <p>Alumina This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people</p> 	 <p>Self Injury Support UK-wide self-harm & self-injury charity offering direct support, reliable information, expert training and specialist consultancy.</p> 	 <p>Place 2Be Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools</p> 	 <p>Mind Mind is a mental health charity. They aim to make sure no one has to face a mental health problem alone.</p> 