

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.



Young Minds

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



Heads Together

A campaign to tackle stigma and change the conversation on mental health



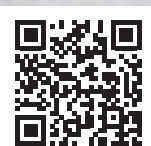
Child Bereavement UK

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



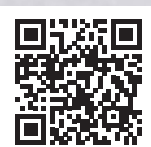
Mood Juice

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



Care For The Family

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



Winstons Wish

Support children and young people after the death of a parent or sibling



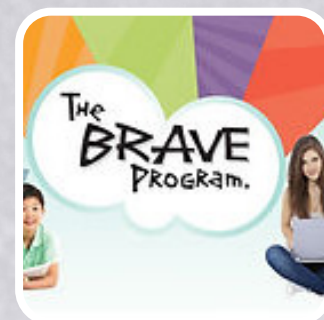
Happy Maps

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



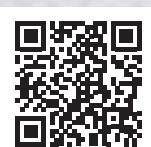
Tourettes Action

Support and information about Tourette's Syndrome



Brave Online

Online CBT for young people experiencing anxiety



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



Rise Above

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



Operation Diversity Academy

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



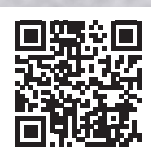
Help Guide

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.



Alumina

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.



Frank

Provides facts, support and advice on drugs and alcohol.



Time To Change

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



National Self-Harm Network

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



Anna Freud Centre

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



Papyrus

The UK Charity for the prevention of young suicide



MindMate

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



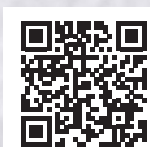
Anxiety UK

Advice and support for those suffering from anxiety and panic.



Changing Faces

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



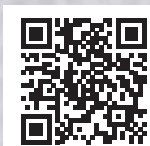
ACAMH

The ACAMH website has extensive information about youth mental health topics as well as resources for professionals working with young people and families.



The Proud Trust

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



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.



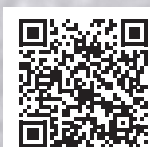
Teen Sleep Hub

The Teen Sleep Hub provides support to teenagers to help them get the sleep they need.



Self Injury Support

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



MindEd

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



MindEd

Help & support for people affected by mental illness.



National Autistic Society

The leading UK charity for autistic people and their families.



OCD-UK

Support and information for those suffering Obsessive-Compulsive Disorder



Family Lives

Parenting and family support.



Women's Aid

Offer support and information to women and children who have experienced domestic violence.



Therapy Comics

Mental health resources using comics instead of text



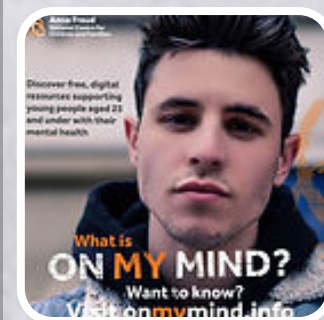
ADHD Foundation

Support and information about ADHD.



Stem 4

Charity that supports positive mental health in teenagers.



On My Mind

On My Mind aims to empower young people to make informed choices about their mental health and well-being



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



HandsOn Scotland

HandsOn provides help and practical advice for supporting children and young people's mental health and emotional wellbeing.



Lucy Faithfull Foundation

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



Place To Be

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools



Childline

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



Head Meds

Provides information on mental health medications.



Samaritans

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



Kidscape

Offers support and information for young people experiencing bullying



SupportLine

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



LGBT Youth Scotland

Advice and support for the LGBT community



Gingerbread

Advice and support for single parents



NSPCC

A charity campaigning and working in child protection in the United Kingdom



Reach Out

Reach Out is an Australian website which helps with everyday questions through to tough times



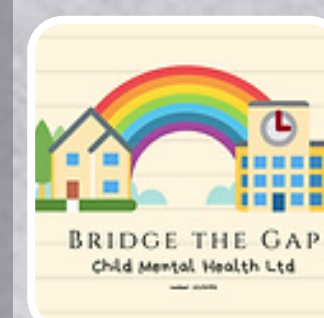
Heads Above The Waves

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



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.



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.



Harmless

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



Mind

Mind is a mental health charity. They aim to make sure no one has to face a mental health problem alone.

