

Websites

A list of websites developed to support young people with their mental health and well-being.

42ND STREET

<https://www.42ndstreet.org.uk/>
Call: 0161 228 1888

Support and advice for young people's emotional health and wellbeing. 42nd street offer 1-2-1 support, webchat support and online drop-in support. They also run lots of groups including LGBTQ+ group, social action projects and a women's group.



<https://www.beateatingdisorders.org.uk/>

Lots of information and advice for those affected by eating disorders.



<https://www.bullybusters.org.uk/>
Call: 0800 169 6928

The website contains information and practical advice on bullying.



<https://www.camhs-resources.co.uk/>

A really useful website full of videos, downloads, books, apps and lots of general information about mental health.

childline

ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk
Call: 0800 1111 (free, 24 hours)

Online counsellor chat available 24/7. Their website also has a 'calm zone' with activities, tools and games to help express yourself and find new ways to cope. You can also create a personal space where you can write in your journal, send private messages to counsellors and view message boards.

FRANK

<https://www.talktofrank.com/>
Call: 0300 123 6600 (24/7)
Text: 82111
Live chat service on website operates from 2pm-6pm, 7 days a week.
Email: via website

Everything you need to know about drugs, their effects and the law, including support and advice.



<https://www.kooth.com/>

Online mental health support, advice and counselling for 11 - 25 year olds. You can also chat with the team online or track your feelings in your own daily journal.

 <p>LGBT foundation</p> <p>https://lgbt.foundation/ Call: 0345 3303030</p>	<p>A national charity delivering advice, support and information to lesbian, gay, bisexual and trans (LGBT) communities.</p>
 <p>www.mermaids.org.uk Call: 08088 010 400 Text MERMAIDS to 85258 for free 24/7 crisis support across the UK</p>	<p>Mermaids support transgender, nonbinary and gender-diverse children and young people until their 20th birthday. Also currently offer web chat support to students up to the age of 25.</p>
 <p>https://www.manchestermind.org/ Listening ear service Call: 0161 769 5732 Email: listenerscyp@manchestermind.org</p>	<p>Online support and advice to promote positive mental health and wellbeing. Information about services for young people, including counselling, peer support groups, listening ear service and virtual wellbeing café.</p>
 <p>www.111.nhs.uk Call: 111</p>	<p>NHS Mental Health Services are free. Use the 111 online service or call 111 to get help.</p>
 <p>https://notfineinschool.co.uk/home</p>	<p>Not Fine in School is a parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school attendance. The website has resources and information for children and young people, parents/carers and professionals.</p>
 <p>https://www.papyrus-uk.org/ Text: 07860 039967 Call: 0800 068 4141 Email: pat@papyrus-uk.org</p>	<p>Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.</p>
 <p>www.samaritans.org.uk Call: 116 123 (free, 24/7) Email: jo@samaritans.org</p>	<p>Samaritans provide support 24 hours a day, 365 days a year to anyone in emotional distress, struggling to cope, or at risk of suicide.</p>



Send a letter: Freepost Samaritans Letters



for support in a crisis

<https://giveusashout.org/get-help/>

Text: SHOUT to 85258

Free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support. Start a conversation with a trained Shout Volunteer, who will text you back and forth, sharing only what you feel comfortable with.



supporting teenage mental health

<https://stem4.org.uk/>

Supports young people's mental health with information about anxiety, low mood, self-harm, eating difficulties and addiction, as well as resilience and wellbeing.



Essential support for under 25s

<https://www.themix.org.uk/>

Call: 0808 808 4994

Text: THEMIX to 85258

Provides free, confidential support for young people under 25 from mental health to money, from homelessness to finding a job, from break-ups to drugs, via online, social and mobile chat.



<https://www.winstonswish.org/>

Call: 08088 020 021

Winston's Wish is a childhood bereavement charity, offering a wide range of practical support and guidance to bereaved children.



fighting for young people's mental health

<https://www.youngminds.org.uk/young-person/>

Practical tips and advice from young people, as well as information on getting support.



<https://ambitious-youth-network.ambitiousaboutautism.org.uk/page/ambitious-youth-network>

This network is a space for autistic young people, between the ages of 16-25 to meet other autistic young people, take on paid opportunities, and join one of our group panels.