

Mental health: What support is available?

If your child is struggling emotionally and needs extra support there are a number of charities and organisations that you can contact to help:

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

YOUNGMINDS

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

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

THE MIX

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.