



## Mental Health Resource List for Young People

Lots of people struggle with their mental health and wellbeing, and we know that it can be hard to ask for and to find help. We also know that it is really important to get help, and the sooner the better. There are lots of options, and we have listed some of them here:

- **NHS** - The National Health Service offers mental health support for young people. You can talk to your **GP** (family doctor) about getting help, or you can access services like Child and Adolescent Mental Health Services (CAMHS) or the NHS mental health helpline. You can find more information about NHS mental health services for children and young people on the NHS website: <https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-young-people/> In an emergency, contact **999** or attend Accident and Emergency. Non-emergency help can also be obtained when your GP surgery is closed via **111**.
- **Childline** is a free, confidential helpline for children and young people in the UK. You can call them at **0800 1111**, chat with a counsellor online, or send them an email through their website <https://www.childline.org.uk/> (note: this will not show up on a phone bill)
- **BEAT** is a UK based eating disorder charity for those of all ages. They can be contacted online or by telephone and their website has a host of helpful resources and support options. Their helpline is open 3-8pm Monday to Friday or try their web chat option. Their website is: <https://www.beateatingdisorders.org.uk/> and telephone contact details are UK: **0808 801 0677**, Scotland: **0808 801 0432**, Wales: **0808 801 0433**, Northern Ireland: **0808 801 0434**.
- **The Mix** is a free support service for people under 25 in the UK. They offer a helpline at **0808 808 4994**, online chat, and email support, and they can help with mental health issues as well as other problems like relationships, money, and housing. You can access their services through their website <https://www.themix.org.uk/> (note: this will not show up on a phone bill)
- **Kooth** is a free, online mental health service for young people in the UK. It offers anonymous support for a variety of mental health issues, and you can access it from your computer or mobile device - you can sign up on their website: <https://www.kooth.com/>
- **Samaritans** is a mental health charity, where you can call or write an email at any time about any mental health troubles. There are also in-person services in

some areas. You can call at **116 123** (for free), and also email 'jo@samaritans.org'. This is their website, where you can get more information: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

- **Young Minds** is a charity aimed at helping young people and their parents/carers/families with understanding their mental health. Their website has lots of useful information: <https://www.youngminds.org.uk/>
- **Shout** is a free mental health support service for everyone struggling with their mental health in the UK. Anyone can get free mental health support by texting 'SHOUT' to **85258**. This is their website: <https://giveusashout.org/>
- **Papyrus** is a UK mental health charity aimed at people under 35, working to prevent suicide. You can call **0800 068 4141**, text **07860 039967**, or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) for confidential advice if you or someone you know is struggling with life. There are also more resources on their website: <https://www.papyrus-uk.org/>
- **Reach Out** is a website that provides information on specific mental health disorders, and also resources to help teenagers make safe plans when feeling suicidal, plus helpful tips on how to relax <https://au.reachout.com>
- **Teen Mental Health** is a site is geared specifically towards teenagers that provides learning tools on a variety of mental illnesses, videos, and resources for friends <http://teenmentalhealth.org/>
- **SupportLine** offers confidential emotional telephone support in the UK for men, women, children and young adults on any problems you may be facing. They aim to help you to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life – see <https://www.supportline.org.uk/>
- **Anna Freud Centre** self-care section of the website has a variety of articles about activities or strategies young people have identified as helpful for their mental health. This includes relaxation techniques, strategies to organise your day, etc. see <https://www.annafreud.org/on-my-mind/self-care/>
- **Rethink Mental Illness** is an organisation that provides support to individuals affected by mental illness. The website includes sections educating individuals about mental illness, their rights, and also includes advice for those affected by mental illness. The website also allows individuals to connect with online peer support and in-person support groups in different areas: <https://www.rethink.org/>
- **Mind** is a mental health charity which aims to educate about mental health and provide support to those struggling with their mental health. Their website

includes information about mental health, where to seek help for oneself and others, and advice: <https://www.mind.org.uk/for-young-people/>

## Resources for young people who identify as LGBTQ+

- **Student Minds** - An organisation with a specific section that helps connect LGBTQ+ individuals with mental health help and provides tips and advice from other LGBTQ+ youth (created by students in university) - <https://www.studentminds.org.uk/lgbtq.html>
- **Switchboard** - A mental health helpline for LGBTQ+ individuals - Check out their website for more information: <https://switchboard.lgbt/>
- **MindOut** is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people - They have an online support chat service: <https://mindout.org.uk/>
- **BeYouProject** have resources for young people on a variety of topics relevant to LGBTQ+ <https://thebeyouproject.co.uk/resources/>
- **Prince's Trust** also have compiled a list of resources for young people <https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/sexuality>

## Resources for young people who identify as an ethnic minority

- **Black Minds Matter** - Organisation aimed at connecting Black individuals to free mental health services provided by professional Black therapists. Their website includes links to resources that aim to educate about and destigmatize mental health, and links to therapists: <https://www.blackmindsmatteruk.com/>
- **The Black, African and Asian Therapy Network** - This is an organisation aimed at connecting people to a network of counsellors and psychotherapists of Black, African, Asian and Caribbean Heritage in the UK. Check out their website for more: <https://www.baatn.org.uk/>
- **BME Youth BME Youth** is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK <https://www.bmeyouth.org.uk/>

## Resources specifically for men

- **Heads Up Guys** has a useful list of resources, websites, apps, links, and more concerning various men's health related topics <https://headsupguys.org/helpful-links/>

- **Student Minds** also have a list of resources specific to men <https://www.studentminds.org.uk/mensmentalhealth.html>

## Resources specifically for young people in the South West

### Bath

- **Bath Mind:** Branch of Mind UK that operates in Bath and North East Somerset – see <https://www.bathmind.org.uk/>
- **Off the Record**, Bath: are a mental health and wellbeing charity supporting young people aged 10-25 across Bath and North East Somerset. They provide a range of free services for anyone aged 10-25 living, working or studying in BaNES, including counselling, listening support, youth participation, advocacy, support for care leavers and a LGBTQ+ focused youth group. <https://www.offtherecord-banes.co.uk/>

### Bristol

- **Supporting People with Eating Disorders Across the South and West (SWEDA)** is a registered charity supporting both young people and adults in Bristol, (Somerset and Oxfordshire) with an eating disorder or who are concerned about someone with an eating disorder, including support and guidance sessions, counselling and support calls - see <https://swedauk.org> or contact SWEDA via the telephone on **01749343344**.
- **Mind Bristol:** A branch of Mind UK that operates in Bristol and surrounding areas – see <https://bristolmind.org.uk/>
- **Off the Record (OTR)**, Bristol is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. They offer a range of services, which include drop ins and community based supports like resilience labs, green woodworking, and arts groups. OTR also offer a wide range of one-to-one therapies for 11-18 year olds. More information and to sign up, see <https://www.otrbristol.org.uk/>

### Wiltshire

- **On Your Mind** is an organisation that connects individuals in Wiltshire to wellbeing services and resources. They also have articles with information and advice: <https://www.onyourmind.org.uk/our-support/>
- **TeenTalk** provides a free, confidential counselling service to young people aged from 10 to 25 within North and West Wiltshire. <https://teentalk.org.uk/>. Telephone - **01225 667328**, or send a message on Facebook - [www.facebook.com/TeenTalkWilts](http://www.facebook.com/TeenTalkWilts)
- **The Wrap** - is an online platform for young people, 18 and under. It enables young people to get support at an early stage before more difficult situations

develop. It also sets out to empower young people to make positive choices and builds resilience to overcome life's challenges. [www.thewrapdhi.org.uk](http://www.thewrapdhi.org.uk)