

Mental Health resources

For children and young people

Young minds: Young Minds is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people.

Childline: A counselling service for children and young people up to the age of 19 in the UK.

HeadMeds: Powered by Young Minds, Head Meds provides information on mental health medication

Anna Freud Centre: Children's charity dedicated to providing training and support for child mental health services

Therapy Comics: Mental health resources using comics instead of text

Stem 4: Charity that supports positive mental health in teenagers

ACAMH: The ACAMH website has a wealth of information about youth mental health topics as well as resources for professionals who work with young people and families

Heads Above The Waves: A not for profit that supports young people with depression and self-harm

The Proud Trust: A charity for LGBTQ+ young people to empower themselves and make positive change for themselves and their communities

Charlie Waller Trust: A charity to educate young people, and those with responsibility for them about their mental health and wellbeing.

Kidscape: Offers support and information for young people experiencing bullying

Over the wall: Over The Wall is a charity that helps children, young people and their families reach beyond the boundaries of serious illness to discover a world of mischief, magic and new possibilities by providing free of charge, transformative activity camps throughout the UK

Kooth: Kooth is an online community where young people can find online support and counselling

The Wave Project: The Wave project uses surfing to help young people improve their emotional and physical wellbeing

Our Time: Helping young people affected by parental mental illness

Place2Be: Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.

The Mix: The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through their digital and phone services.

Nightline association: Nightline is a listening, emotional support, information and supplies service, run by students for students.

Specific mental health problems

Beat: Beat is the UK's eating disorder charity. Their mission is to end the pain and suffering caused by eating disorders.

National Autistic Society: The leading UK charity for autistic people and their families.

National Self-Harm network: Offers support forums in a safe space that can help people understand and manage self-harm.

OCD-UK: Support and information for those suffering obsessive compulsive disorder

Tourette's Action: Support and information about Tourette's syndrome

ADHD Foundation: Support and information about ADHD

Anxiety UK: Advice and support for those living with anxiety and panic

Bipolar UK: Their mission is to empower everyone affected by bipolar to live well and fulfil their potential

PTSD UK: PTSD UK is the only charity in the UK dedicated to raising awareness of post-traumatic stress disorder - no matter the trauma that caused it.

Body Dysmorphic Disorder Foundation: Charity dedicated to the relief of suffering from BDD.

BPDWorld: Providing information, advice and support to those affected by personality disorders

Living with Schizophrenia: Advice and support about living with schizophrenia

CALM: The Campaign Against Living Miserably is a leading movement against suicide, especially that of males

For families

Rainbow Trust: Rainbow Trust Children's Charity provides emotional and practical support to families who have a child with a life-threatening or terminal illness

Sibs: Sibs exists to support people who grow up with or have grown up with a disabled brother or sister.

Family Action: Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

Care for the Family: A national charity which aims to promote strong family life and to help those who face family difficulties.

Resources for anyone

Support, information and resources

Changing Faces: Changing faces is the UK's leading charity for everyone with scar, mark or condition that makes them look different.

NHS Every Mind Matters: Has expert advice and practical tips to help you look after your mental health and wellbeing.

Mind: Mind provides advice and support to empower anyone experiencing a mental health problem. They also campaign to improve services, raise awareness and promote understanding.

Turning point: Turning Point is a leading social enterprise, providing health and social care services in over 300 locations across England.

Rethink Mental Illness: Rethink Mental Illness work to transform the lives of everyone severely affected by mental illness, and how the UK approaches mental illness

BBC Headroom: Whether it is everyday tips, sounds to relax your mind, strategies to cope with parenting right now or films to get you talking, BBC Headroom is there to help you look after yourself and your loved ones.

Living Life to the full courses: Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more.

RareMinds: RareMinds provide professional counselling and wellbeing resources, training & information for rare disease patient groups and organisations.

SANE: SANE is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness.

Together for Mental Wellbeing: A national charity working alongside people on their journey towards better mental wellbeing and independent lives

Rotary Safe Spaces: Monthly online support group for those having issues, especially during COVID-19. Small groups are facilitated by professional counsellors and administered by the Rotary International organisation. The sessions are free and you can see if it's appropriate for you by calling 0300 772 7012 to find out more.

Apps

Curable Health: The Curable app provides evidence-based chronic pain lessons in your pocket. It uses a combination of pain science education and research-backed techniques to address pain from every angle. The program helps you connect the dots between what's happening in your brain, in your body, and in your life, to get a full picture of what's causing your symptoms and how to relieve them.

Headspace: Headspace is an app with the aim of improving the health and happiness of the world through activities such as meditation and mindfulness.

Healios: Healios Mental Health Service is all online and is focused on ensuring children, young people and adults have the best chance of achieving their goals and fulfil their life's potential through supporting mental health, emotional wellbeing and resilience.

Loona.app: loóna is the first app that lets you quickly disconnect from a long stressful day and get in the right mood for sleep. Each night you'll have a recommended sleepscape. A sleepscape is a guided session that combines activity-based relaxation, storytelling, and sounds in a unique way.

Counselling

Betterhelp: The world's largest e-counselling platform

Emotion Matters: London's leading therapy centre for mind and body wellness. They offer counselling on a range of areas including on mental health issues arising from physical health problems.

Qwell: A safe and confidential space to share experiences and gain support from the Qwell community and qualified professionals.

Turn2Me: A community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support.

Crisis services/ helplines

Samaritans: Every year, Samaritans volunteers spend over one million hours answering calls for help via our unique 24-hour listening service, email, letter, face to face and through their Welsh language service. Samaritans vision is that fewer people die by suicide.

Shout: Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

SANEline: SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

Papyrus HOPELINEUK: HOPELINEUK provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.

Switchboard: Switchboard is a helpline for LGBT+ individuals

C.A.L.L.: Mental health helpline for Wales

Mental health and learning disabilities

United Response: A charity that supports people with learning disabilities, autism and mental health needs, at home and in the community.

Skills for care: Page on learning disability and mental health

BOND report: children and young people with learning disabilities -Understanding their Mental Health

NCMH leaflet: Information about learning disability, mental health and challenging behaviour Wales

MenCap: Resources on mental health

Learning Disability Wales: Resources on mental health

The Challenging Behaviour Foundation: Information sheet on mental health problems in people with learning disabilities

Children & Young People's Mental Health Coalition report: Overshadowed: the mental health needs of children and young people with learning disabilities

Achieve together: Achieve together is one of the UK's leading providers of support for people with learning disabilities, autism and associated complex needs.

Integrated Treatment Services: Information on therapy for individuals with learning difficulties

Grief and bereavement

Winston's Wish: Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them.

Grief encounter: Grief encounter work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief.

The good grief trust: The Good Grief Trust exists to help all those affected by grief in the UK. We aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support

SLOW: The aim at SLOW is to provide an informal, quiet place for bereaved parents. Some parents say that our groups provide a safe haven, a place to take time-out from the demands of the 'outside world' at a time when life has been irrevocably changed by their child's death. You can find a list of other UK Bereavement Organisations on the SLOW website.

At a Loss: AtaLoss.org was founded in 2016 by Yvonne Richmond Tulloch to ensure that every bereaved person in the UK can find the support that they need. They do this by providing the UK's signposting website for the bereaved, directing the bereaved and those supporting them to information and services appropriate to their loss.

ARC: Antenatal results and choices is the only national charity helping parents and healthcare professionals through antenatal screening and its consequences.

Cruse Bereavement Care: Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.

Bereavement Care: To relieve the suffering and distress caused by bereavement for all adults and children in the local community.