



Resources to Support Young People's Mental Health and Wellbeing

Here are some trustworthy sources of support, guidance, advice and training around children and young people's mental health and wellbeing.

Action for Happiness

A not-for-profit Organisation that provides evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health- personally, in our communities, workplaces and schools.

To find out more information visit www.actionforhappiness.org

Anna Freud National Centre for Children and Families

Child Mental Health Experts have developed a free network for School Staff and Allied Professionals which shares practical, academic and clinical expertise regarding the wellbeing and Mental Health issues that affect Schools.

This is called "Schools in Mind", of which you can join the network and access their resources by clicking on the link below:

<https://www.annafreud.org/what-we-do/schools-in-mind/>

Charlie Waller Memorial Trust

This Trust's aim and objective is to increase awareness of the signs and the dangers of depression amongst young people and to encourage those who may be depressed to seek help. It also encourages those that are well to pick up the symptoms in others and persuade them to get help.

Their website contains a wide range of free information and resources to either view or download, for young children and families, as well as Schools and Colleges.

You can visit their website at <https://www.cwmt.org.uk/>

Childline

Counselling service for parents, children and young people offering free and confidential help and advice.

Their website is www.childline.org.uk and telephone number 0800 1111

Kooth

Free support services for young people delivered by qualified counsellors via online chat.

Visit their website for more details www.kooth.com



Mind

National charity providing information, advice and campaigning to promote and protect good mental health for everyone.

For more information visit www.mind.org.uk

MindEd

Free educational resources on children and young people's mental health for all adults. MindEd for families has online advice and information from trusted sources and will help parents to understand and identify early issues and best support for their child. It includes many e-learning resources for professionals and volunteers.

You can visit their website at www.minded.org.uk

The Mix

A leading digital support service on a range of issues for young people, including mental health, homelessness, relationships and drugs. An online chat and crisis messenger are available on this chat.

Further details can be found at www.themix.org.uk and telephone 0808 808 4994

My Happy Mind

A curriculum to help primary schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Supports schools in creating a positive and growth-oriented whole-school culture.

Information can be found on their website www.myhappymind.org

Papyrus

A national charity aimed at the prevention of young suicide in the UK.

Further information is listed on their website www.papyrus-uk.org

Place2Be

This is a Children's Mental Health Charity that provides Counselling and Mental Health Support and Training in UK schools. Their website has a lot of useful information available, as well as offering Counselling Training & Placements.

Visit their website at <https://www.place2be.org.uk/> to find out more information.

Rethink Mental Illness

A national charity working to help everyone affected by severe mental illness recover a better quality of life. Provides services, information and support.

Details can be found at www.rethink.org



Samaritans

A confidential, emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Information can be found on their website www.samaritans.org

Student Minds

A charity working with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students. Offers information and support to students.

Details are on their website www.studentminds.org.uk

Time to Change

This Charity are a pressure Organisation aimed at reducing the stigma associated with Mental Health problems. They are supported by MIND and Rethink Mental Illness. They have produced a range of materials and information, including those for use in the classroom and assemblies.

Visit their website at <https://www.time-to-change.org.uk/> to find out more information.

Winston's Wish

Provides specialist child bereavement services across the UK, including in-depth therapeutic help in individual, group and residential settings.

Information is listed on their website www.winstonswish.org.uk

Young Minds

This Charity produce a wide range of training resources for use in Schools. These include, but are not limited to:

- Building academic resilience
- Supporting parents
- Transitions from Primary to Secondary School

Schools can join the 360 Schools Community and receive new information and tips from Young Minds. They also offer a wide range of Training Courses for Head Teachers and other School Staff.

All the above can be found on their website, at <https://youngminds.org.uk/>