

Mental Health Resources

Action for Children | actionforchildren.org.uk

Supports children, young people and families across England with emotional and practical care.

Barnardo's | barnardos.org.uk

Practical information and emotional support for:

- Young people
- Young people leaving care
- Young carers
- Provides local services for further support in some regions.

Campaign Against Living Miserably (CALM) | thecalmzone.net

0800 58 58 58

Information and support for anyone who is struggling with things and needs to talk. Offers a helpline and webchat.

Childline | childline.org.uk

0800 1111

Information and advice for young people on topics like bullying, your body and relationships. Also provides:

- A phone helpline
- 1-2-1 online chats with counsellors
- Online message boards
- Welsh-speaking and BSL interpreter counsellors

FRANK | talktofrank.com

0300 123 6600

82111 (*textline*)

Confidential support, advice and information about drugs, their effects and the law.

Hub of Hope | hubofhope.co.uk

A UK-wide database of mental health charities and organisations offering advice and support.

Kooth | kooth.com

Safe, anonymous online community and counselling for young people. Check on the website if it's available in your area.

Local Minds | mind.org.uk/about-us/local-minds

Local mental health services across England and Wales. Offers talking therapies, peer support and advocacy. Check to see if there is a Local Mind near you and what it can offer young people.

Mencap | mencap.org.uk

0808 808 1111 (*Learning Disability Helpline*)

Information and advice for people with a learning disability, their families and carers.

- Services include an online community.

The Mix | themix.org.uk

0808 808 4994

85258 (*crisis messenger service, text THEMIX*)

Support and advice for people under 25, offering these services:

- Helpline
- Crisis messenger textline
- Discussion board
- Webchat
- Short-term counselling by phone and online

NHS Every Mind Matters |

nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health

Information and advice on mental health and wellbeing for young people. Includes videos about dealing with change, social media and sleep.

NHS Go | nhsgo.uk

Confidential health advice and support for people from 16 to 25. Includes information on mental and physical health, plus topics like relationships and sleep.

On My Mind | annafreud.org/on-my-mind

Information, support and resources to help young people understand more about mental health and wellbeing. Search the Youth Wellbeing Directory to find services near you.

Our Time | ourtime.org.uk

Information and workshops for children and young people whose parents or carers experience mental health problems.

Reading Well | reading-well.org.uk/resources/young-people

Self-help books to help people understand and manage their mental health and wellbeing.

- Also available in Welsh.

Samaritans | [samaritans.org](https://www.samaritans.org)

116 123

0808 164 0123 (*Welsh Language Line*)

jo@samaritans.org

Samaritans are open 24/7 for people to talk about any concerns, worries and troubles they're going through. You can visit some Samaritans branches in person.

Tellmi | tellmi.help

A safe, anonymous app where you can talk to other young people about how you're feeling or what you're experiencing. Tellmi is moderated to keep you safe and also has counsellors if you need more support.

YoungMinds | [youngminds.org.uk](https://www.youngminds.org.uk)

85258 (*crisis messenger service, text YM*)

Mental health support for young people, parents and carers.

- Includes a crisis text messenger service, plus information about mental health problems and medication.

Youth Access | [youthaccess.org.uk](https://www.youthaccess.org.uk)

Advice and counselling network for young people. Includes a search tool for finding free local services.

Alumina | [selfharm.co.uk](https://www.selfharm.co.uk)

An online, 7-week course to help people from 14 to 19 who self-harm.

Anxiety UK | [anxietyuk.org.uk](https://www.anxietyuk.org.uk)

03444 775 774

07537 416 905 (*textline*)

Advice, support and information for people who experience anxiety.

Beat | [beateatingdisorders.co.uk](https://www.beateatingdisorders.co.uk)

0808 801 0677 (*England*)

0808 801 0433 (*Wales*)

Helpline, webchat and online support groups for people with eating problems, like anorexia and bulimia.

Calm Harm | [calmharm.co.uk](https://www.calmharm.co.uk)

A smartphone app for people over 13, with activities to help resist or manage the urge to self-harm.

Me and My Mind | [Meandmymind.nhs.uk](https://meandmymind.nhs.uk)

Advice and support for young people experiencing possible symptoms of mental health problems, like hearing voices or having unusual thoughts. Some services are only available in certain London boroughs.

No Panic | nopanic.org.uk/no-panic-youth-hub

0330 606 1174

Provides support to young people experiencing panic attacks and obsessive-compulsive disorder (OCD). Offers a 6-week Youth Mentoring Scheme online or by phone.

OCD Youth | ocdyouth.org

Information and resources for young people with obsessive-compulsive disorder (OCD). Provides an email helpline, support group, online network and discussion group.

The OLLIE Foundation | theolliefoundation.org

Help and advice for young people experiencing suicidal feelings. Provides support and information for anyone worried about another young person.

Papyrus HOPELINEUK | papyrus-uk.org

0800 068 4141

07860 039967 (textline)

pat@papyrus-uk.org

Support and advice for people under 35 experiencing suicidal thoughts or finding it hard to cope. Provides support for anyone concerned about another young person.

Self-Injury Support | selfinjurysupport.org.uk

0808 800 8088

07537 432444 (textline)

tessmail@selfinjurysupport.org.uk

Supports women and girls who self-harm, or have experienced trauma and abuse. Offers information and self-help tools online for anyone to use.

Voice Collective | voicecollective.co.uk

Information and support for people under 25 who:

- Hear voices
- See visions
- Experience other sensory issues or beliefs
- Offers peer support, plus support to parents, carers and families.