

Organisations supporting young people, children and their families with Mental Health and Anxiety



YOUNGMINDS

An organisation with help and support online for mental health issues for young people and their families as well as specific support relating to Covid19. They also have pages on bereavement.

www.youngminds.org.uk



A national organisation that works to support anyone experiencing mental health problems. In addition to their regular information they have resources for older children and teenagers who are worried about coronavirus and want to know how to cope with changes to their lives.

www.mind.org.uk



MindEd for Families is intended to support parents and those caring for children and young people in their family when they are concerned about a young person's mental health or well-being.

www.mindedforfamilies.org.uk



Anxiety UK work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding. The posts on Corona virus are also helpful.

www.anxietyuk.org.uk



Action For Children promote good mental health. Their mental and emotional well-being experts work with families and schools to make sure children and parents feel able to cope with challenges when they arise.

www.actionforchildren.org.uk



Mental Health Foundation are keen to support parental mental health as well as providing good Coronavirus resources.

www.mentalhealth.org.uk



The Church of England's Going 4 Growth website has pages on Mental Health and Well Being..

www.going4growth.com



From the Children's Society. Loads of resources for both adults, children, and young people. Sorted into different age group

www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault