

Young People's Mental Health & Wellbeing

 THE CHURCH OF ENGLAND
Diocese of Manchester

CHURCH FOR A DIFFERENT WORLD

Information & Support

Information

YoungMinds - Information covering a range of mental health issues for young people and a parent support helpline.

www.youngminds.org.uk

Mind - Information, advice and campaigning to promote good mental health for everyone.

www.mind.org.uk

Rethink Mental Illness - National mental health charity. www.rethink.org

AnxietyUK - Information and advice for those living with anxiety. www.anxietyuk.org.uk

Time to Change - An anti-stigma campaign to challenge mental health discrimination

www.time-to-change.org.uk

MindEd - Free online learning on children and young people's mental health.

www.minded.org.uk

Heads Together - A campaign to end stigma around mental health and wellbeing.

www.headstogether.org.uk

NHS Moodzone - Information and advice covering a range of common mental health issues. www.nhs.uk

Anna Freud: Schools in Mind - a network for school staff sharing shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

www.annafreud.org

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Support for Young People

Youth Wellbeing Directory - Information about free local and national wellbeing services.

<https://www.annafreud.org/on-my-mind/youth-wellbeing>

Samaritans - Confidential emotional support available 24 hours a day via telephone, text and email. **116 123** / www.samaritans.org

Childline - Help and advice for parents, children and young people via phone and web chat.

0800 1111 / www.childline.org.uk

Kooth - Online counselling and emotional wellbeing platform for children and young people. www.kooth.com

Beat Eating Disorders - Practical guidance and support for people affected by eating disorders.

www.beateatingdisorders.org.uk

SelfHarmUK - Providing support and information for young people impacted by self-harm.

www.selfharm.co.uk

Papyrus - Confidential help and advice for the prevention of young suicide.

0800 068 41 41 / www.papyrus-uk.org

YoungMinds Crisis Messenger - Free, 24/7 crisis text support for young people.

Text YM to **85258**

Apps

