



Young People's Mental Health Resources

If you know young people struggling with their mental health and well-being, your local GP is a great place to go for advice, support service sign posting and to talk through any mental health or anxiety concerns or questions.

The following organisations and influencers may also be useful too:

Young Minds – Mental health support and resources for young people.

Hub of Hope – Mental health database bringing grassroots and national mental health services together in one place for the first time ever.

CALM – Campaign Against Living Miserably (CALM) is leading a movement against suicide and supporting men's mental health.

Kooth – Digital mental health and well-being app creating welcoming spaces, support and counselling.

MindEd – A free educational resource on children and young people's mental health.

Anxiety UK – Charity providing support if you've been diagnosed with an anxiety condition.

Frank – Confidential webchat, helpline, advice and information on drugs and substance misuse for young people.

Samaritans – 24hour helpline support for those experiencing distress, despair and/or suicidal feelings.

Black Minds Matter – Connecting Black individuals and families with free professional mental health services.

Evie Meg – Mental health and Tourette's activist.

Hannah Daisy – Artist and mental health advocate.

Matt Haig – Mental health author and activist.

Survival Techniques – Street art that aims to promote hope and optimism – bringing a little light to those having a dark day.

The Happy Newspaper – Celebrates all that's good in the world; a platform to share positive news and wonderful people.

wearebeyond.org.uk – Beyond – Mental Health charity supporting young people move beyond labels, beyond lack of treatment, beyond waiting lists and beyond limits.

