

**Team Mortal Fools have pulled together this resource to signpost to a wide variety of support organisations, inspirational influencers and courageous and colourful content creators.**

**You can use this resource if you need inspiration, want to connect with others, to explore your identity and/or seeking wellbeing support. It can also be used to support others in your life.**

### BELOW YOU WILL FIND LINKS TO:

- Mental health organisations providing general and specialised support you if you need them – these organisations may be helpful to know about during difficult periods and/or to support in day to day life.
- Mortal Fools content available on demand underpinned by wellbeing themes.
- North East youth organisations and friends of Mortal Fools across the UK – these organisations might inspire you to try something new and enable folks to connect with like minded young people beyond Mortal Fools; many run their own groups, events, activities and have a feast of digital content that you can engage with.
- Influencers, activists, artists and content creators – this list of individuals, organisations and brand champion creativity, self-expression, inclusivity, empowered activism, being the change, you want to see, personal development, positive affirmations AND a big dose of uplifting, interesting and sometimes hilarious content to enjoy!

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@mortalfoolsUK

[www.mortalfools.org.uk](http://www.mortalfools.org.uk)

# MENTAL HEALTH ORGANISATIONS


If you are struggling with your mental health and well-being or know someone who is, 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.

## If you're in crisis:

NHS urgent mental health helpline for children and young people in Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust - 0800 652 2864

NHS urgent mental health helpline for over 18s / adults in Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust - 0800 652 2863

However, the following list is a great place to start and is collated for our Mortal Fools' community and signposts to various mental health organisations, resources, services and well-being influencers.



## NATIONAL

**Anxiety UK** - providing support if you've been diagnosed with an anxiety condition.

**Barnardos** - Emotional Wellbeing Sub-Hub - a range of resources, tool, videos and more focusing on yours and your family's emotional wellbeing.

**Beat** - eating disorder charity offering various means of support and interventions to support folks to recover from eating disorders.

**Beyond** - charity supporting young people move beyond labels, beyond lack of treatment, beyond waiting lists and beyond limits.

**Big White Wall** - is a unique online mental health and wellbeing service offering self-help programmes and creative outlets.

**Bipolar UK** - provides peer support services to empower people affected by bipolar to live well.

**Black Minds Matter** - connecting Black individuals and families with free professional mental health services.

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

**Carers First** - support for young carers.

**ChildLine** - counselling service for children and young people up to their 19th birthday.

**Children's Society** - support and advice hub - information and advice pages about young people's issues and mental health.

**Cruse** - UK's leading bereavement charity helping people through with bereavement support, information and campaigning.

**Frank** - confidential webchat, helpline, advice and information on drugs and substance misuse for young people.

## NATIONAL (CONT)

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

**Kooth** - digital mental health and well-being app creating welcoming spaces, support and counselling.

**LifesIGNS** - provides information about self-injury and supports people as and when they choose to make changes in their lives.

**Listening Works** - offers a dedicated support helpline, providing out-of-hours emotional and practical support for care experienced adults aged 18 to 30.

**Mental Health Forum** - charity reducing the suffering caused by mental ill health by helping everyone lead mentally healthier lives.

**Mental Health Matters** - providing innovative, life-changing mental health support for individuals and communities.

**Mental Health Stories** - multi-award winning mental health blog; raising awareness and educating people on mental health.

**MindEd** - free educational resource on children and young people's mental health.

**MindEd for Families** - gives safe and reliable advice to parents and carers about young people's mental health.

**Moodscope** - helps people positively manage their moods.

**Muslim Youth Helpline** - is a charity that provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK.

**No Panic** - youth hub of resources for folks struggling with anxiety, panic, phobias and OCD.

**OCD-UK** - is a national charity that provide evidence-based information, advice and support to those affected by obsessive-compulsive disorder.

**PAPYRUS Prevention of Young Suicide** - support service dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

**Parent Talk** - free advice and support for parents and carers of children aged 0-19 in the UK. Can support up to age 25 where a child has special educational needs.

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

**SANE** - providing emotional support and encouraging mental health research.

**Selfharm UK** - supports young people experiencing difficulties with self-harm.

**SHOUT** - UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope and with their mental health.

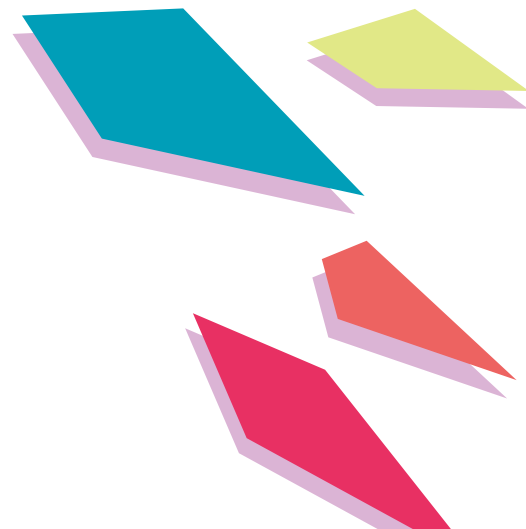
**Side Kick** - a confidential helpline (call, text, email) for young carers in the UK.

**Student Minds** - UK's student mental health charity supporting young people through the uncertainty of student life.

**The Mix** - UK's leading support service for young people- from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to the online community via the free, confidential helpline or counselling service.

**The National Association for Children of Alcoholics (NACOA)** - provides a free helpline and support service to help address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem.

**Young Minds** - mental health support and resources for young people.





## NORTH EAST SPECIFIC

**[Anxious Minds](#)** – charity supporting people affected by mental health, addiction, and abuse receive the support they need to live through recovery, education, discovery and award winning counselling services.

**[Autism North East](#)** – social enterprise offering assessment and intervention services to both families and professionals.

**[Children North East](#)** – services, support and initiatives providing a platform for children, young people and families to work through issues, take action and learn the tools to reach their full potential. These include therapeutic services, mental health support, youth work, family support, domestic abuse services, community-based support, consultations with young people and Poverty Proofing©.

**[Choices For Growth](#)** – Berwick-based organisation helping to provide the essential support and counselling for better mental health and positive futures for the local area.

**[Durham Mental Wellbeing Alliance](#)**  
– free service for people in County Durham to access and will provide mental health, wellbeing and recovery services.

**[Healthier Together North East and North Cumbria](#)**  
– a free website and app developed by local healthcare professionals to help parents and anyone looking after and supporting children and young people to keep them safe and healthy.

**[If U Care Share](#)** – supporting emotional well-being in young people and supports those affected by suicide.

**[NHS Self-help Resources for Cumbria, Northumberland or Tyne and Wear residents](#)**

**[NHS Self-help Resources for Teesside, County Durham or Darlington residents](#)**

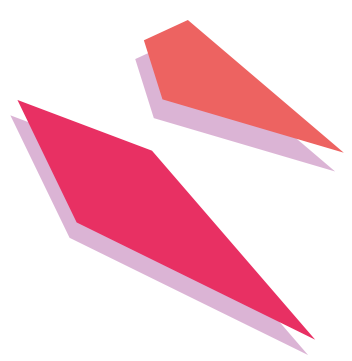
**[Rape Crisis Tyneside & Northumberland](#)**

– support services for women & girls who need to talk to someone about rape or sexual abuse.

**[Recovery CoCo](#)** – promotes and supports recovery through peer led education, peer led activities and education and support services.

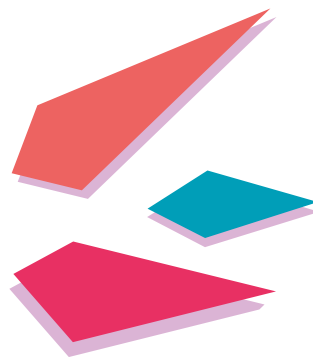
**[Together For Children](#)** – providing a range of services to improve the lives of children, young people and families in Sunderland. From advice and guidance for young people, parents and carers, and professionals, to fostering and adoption services, we keep children safe from harm and ensure they can fulfil their potential.

**[Tyneside and Northumberland Mind](#)** – promotes positive mental health, providing flexible, responsive and sustainable support services.



## MORTAL FOOLS CONTENT

## TO SUPPORT WELL-BEING



**We have a range of content available at any time that you can engage with, enjoy and use with others, to support your well-being and as a way of developing resilience.**

### CREATIVE CONTENT AVAILABLE ON DEMAND



#### **Flux**

*Figuring it out and fitting in; what makes you, you?*  
Flux is a positive and empowering film, grounded in the reality of life for young people exploring their identity and making decisions about their future.

12 unique young voices come together on film, to explore what it means to question your identity in a world that feels determined to put you in a box. Devised and performed by the young people living through this reality right now, join them in discovering that there is freedom in the flux – and that labels are for bottles, not people.

- > [Watch the film](#)
- > [Host a screening for young people in your setting](#)
- > [Access the accompanying downloadable resource pack](#)

#### **Let Us Tell You**

A coming together of young people's powerful voices in two inspirational and uplifting films; an invitation to step inside their thought provoking and sometimes imaginary worlds.

- > [Watch the film](#)
- > [Access the accompanying downloadable resource pack](#)

#### **MELVA**

*Children's Wellbeing Education, through storytelling.*  
MELVA is an award-winning, creative, digital programme improving children and young people's knowledge and understanding of mental health whilst teaching practical self-management techniques.

It's currently being used by thousands of children aged 7–11 in schools and young people in specialist settings.

MELVA is a proven, fun, and impactful way for teachers to work with whole classes, addressing wellbeing issues before children reach crisis point, reducing referrals to over-stretched statutory services.

MELVA is available to Primary Schools and Trusts everywhere.

- > [Find out more about MELVA](#)

#### **Melva Mapletree and the Quest for Barnabas Boggle**

Our online, interactive storytelling game is perfect for families to use at home. It's a great way to support children 7–11 years old to talk about and manage their wellbeing, through fun activities and silly characters!

1 x £9.99 Family license includes a user guide and activity booklet, and up to 4 user profiles.

- > [Access the game](#)

## CREATIVE CONTENT AVAILABLE ON DEMAND

### My People

Four bitter-sweet, poignant film shorts from Mortal Fools' Ensemble Young Company, following a group of young people navigating the reality of friendship in the modern world. What if growing up means growing apart?

- > [Watch the films](#)
- > [Access the accompanying downloadable resource pack](#)

### Sounding Board

A collection of film shorts and music videos from Mortal Fools Youth Theatre featuring thought-provoking lyrics, catch tunes and creative soundscapes. These bold and hopeful films were inspired by the DIY music scene, and based on the belief that young people can use their voices to speak up about what matters to them through music.

- > [Watch the films](#)
- > [Access the accompanying downloadable resource pack](#)

### The Bigger Picture

The voices of 75 young people from Northumberland and the North East come together in a collection of short films. Across 6 poignant and purposeful film shorts, you're invited to see the world through Mortal Fools Youth Theatre's eyes, and feel what it's like to grow up today. Their realities, lived experiences, inner worlds, and fantastical dreams - interwoven with the positive changes they want to make in the world, and the hope that we can all be kinder to one another. And have more FUN in our lives!

- > [Watch the films](#)
- > [Access the accompanying downloadable resource pack](#)

### When The World Is Loud

An audio theatre experience to help you drown out the noise of the modern world. Anybody, any age, anywhere can listen. All you need is a phone and headphones, and we'll take care of the rest.

- > [Listen to #WTWIL](#)
- > [Access simple how to guide](#)

### OTHER MORTAL FOOLS CONTENT & RESOURCES:

[5 downloadable creative activities for families and children with artist Sofia Barton](#)

[Confidence is...](#) – spoken word animation

[Cost of Living downloadable resource](#)

[Creative Wellbeing Micro-Workshop for Children](#) – animation & Mindful Writing with animator Sheryl Jenkins & writer Danielle Burn.

[Home isn't always a place, is it?](#) – spoken word animation

[I Am Where I Need To Be: This Is Me](#) – spoken word animation

[Look to my Future](#) – spoken word animation

[Resilience in Uncertainty](#) – micro video workshop exploring modern "tigers" #1

[Resilience in Uncertainty](#) – micro video workshop exploring modern "caves" #2

[What Kind of World do You Want to Live in?](#) – spoken word animation

[Writing For Mindfulness](#) – an online workshop with Melva writer Danielle Burn



## YOUTH ORGANISATIONS &

## FRIENDS OF MORTAL FOOLS

Our network is full of fantastic youth focused organisations and we thought we'd share a few. Feel free to connect with them, explore what they do and engage with their events, projects and content.

### CURATED LIST OF ORGANISATIONS

### WE THINK YOU SHOULD KNOW ABOUT:

**[Birkheads Wild](#)** - a place for free range humans in rural Gateshead, providing opportunities for young people to discover, explore and enjoy the outdoors.

**[Burnley Youth Theatre](#)** - purpose build youth theatre producing and programming pioneering work with, by and for children, young people and their families.

**[Code Club](#)** - a network of free coding clubs; open to all school-aged young people and an opportunity to learn to code, develop skills, and have fun.

**[Company Three](#)** - an award-winning company of 75 young people aged 11-19 in Islington, North London. Making theatre for adult audiences that speaks deeply of what it means to be a teenager, through long-term collaboration between young people and professional theatre-makers.

**[Curious Arts](#)** - charity championing and developing LGBTQIA+ arts, artists and audiences across the North East and beyond. They also run **[youth groups](#)** throughout the year.

**[Daisy Chain](#)** - provides a range of support services to autistic children and adults, either with a diagnosis or who are undergoing the diagnostic process, their parents/carers and their siblings.

**[GemArts](#)** - leader in the South Asian and diversity arts sector, creating and programming high quality concerts, events, festivals, workshops and commissions with regional, national and international artists across all art forms.

**[Gosforth Civic Theatre](#)** - arts venue, café and community hub in Gosforth with an events programme full of gigs, theatre, film, festivals, crafting, a **[Gaming Social](#)** and more - it is also home to, and run by, Liberdade Community Development Trust; a disability arts organisation.

**[Iwill](#)** - supporting and empowering children and young people to make a positive difference on the issues that affect their lives, their communities, and broader society.

**[Lawnmowers Theatre Company](#)** - empowering the lives of disabled people through the arts.

**[Little Cog](#)** - a disabled-led production company putting the hidden stories and experiences of disabled people centre-stage, whilst challenging entrenched historical and medical perceptions of disability and disabled people.

**[Mortal Fools Youth Theatre](#)** - open to young people aged 7-19 years. We run FREE weekly Youth Theatre groups, split by age, in Ashington and Tyne Valley.

**[National Saturday Club](#)** - young people across the country are spending Saturday mornings at their local university, college or museum discovering subjects they love. Saturday Clubs are open to 13-16 year olds of all abilities and are free to attend.

**[NCS](#)** - a space where young people can become world ready and work ready, and raise their voice to make a positive difference together, connecting with other like-minds, learn new skills, make an impact in their community and better their employability.

**CURATED LIST OF ORGANISATIONS****WE THINK YOU SHOULD KNOW ABOUT:**

**[New Writing North Young Writers](#)** - a programme of free creative writing groups for young people aged 11–19 living in the North East.

**[NE Youth](#)** - a leading North East youth development charity, making a positive difference to the lives of young people in various youth work sessions.

**[North East Young Dads & Lads](#)** - a unique youth support service that is dedicated to helping young men and young fathers to play an active and meaningful role in the lives of their children, within families and wider society.

**[Northumberland Wildlife Trust Youth Forum](#)** - made up of members from across Newcastle, North Tyneside and Northumberland. The aim of the group is to help the Trust work better for young people whilst gaining skills, experiences and taking action for nature in the process.

**[Pride Action North](#)** - LGBTQIA+ charity providing a wide range of support services including **[youth groups and events](#)**.

**[Rise North East](#)** - organisation passionate about the role that physical activity can play in making a difference to the communities that need it most.

**[Princes Trust](#)** - helping 11–30 year-olds to develop the tools and confidence to try free courses, start careers, run projects, start businesses and embrace opportunities.

**[Side By Side Arts](#)** - a performing arts community interest company in Gateshead, offering in person and digital music tuition, vocal coaching, stage schools, holiday clubs, dance classes and delivering performing arts projects in schools and community settings.

**[Silx Youth Project](#)** - offers free activities and support for Blyth young people aged 11–25 across three main projects: Teen Bar, Employability Project and The Detached Street Engagement Project.

**[Sister Shack](#)** - a feminist Black and Queer-led CIC that focuses on working with and promoting women and non-binary entrepreneurs, creatives, artists, musicians, and DJs. They highlight and discuss issues and experiences faced by women and non-binary people alongside providing information, support and guidance.

**[Stepney Bank Stables](#)** - charity using horses to engage with young people and teaching kindness, commitment, resilience and responsibility among many other things.

**[Stomping Grounds North East](#)** - charity running youth clubs for teenagers and young adults and our Saturday Club; giving young people the opportunity to get outdoors and have fun.

**[Streetwise](#)** - charity providing a range of free, safe, confidential, non-judgemental information, advice, and counselling support services to young people.

**[The Student Room](#)** - the UK's largest online student community for young people aged 14–24yrs old, featuring resources, advice and moderated messaged boards to ask questions.

**[Theatre Factory](#)** - making stories in collaboration with children, young people and the occasional adult. They share those stories locally and regionally from their venue in Barrow-in-Furness.

**[Theatre Porto](#)** - making performance work for children, young people and the communities of Ellesmere Port for over 35 years.

**[YMCA Northumberland](#)** - independent charity, bringing together local people and organisations to support young lives in Northumberland.

**[YMCA](#)** - charity dedicated to helping transform the lives of vulnerable young people. Each regional YMCA has a different young people's programme:

› **[YMCA Newcastle](#)**

› **[YMCA North Tyneside](#)**

› **[YMCA Northumberland](#)**

› **[YMCA Tees Valley](#)**

› **[YMCA Wearside](#)**

**[Young Musicians Project](#)** - charity supporting young musicians (13–19) to develop skills, write and play together, and to take the first steps towards gigging, recording and releasing their music.

**[Young Women's Film Academy](#)** - charity led by women focused on improving the well-being of girls and young women while providing them with film making skills.

**[Youth Focus North East](#)** - improving the lives of young people through high quality youth work.

**[Zest Theatre](#)** - making space for young people to be heard, using creativity to amplify their voices through theatre and cultural experiences.



# ACTIVISTS & INFLUENCERS

We know social media can be a dark and difficult place – but it can also be a place of connection, inspiration, support and activism. So, we've pulled together a list of some of our favourite content creators, artists, activists & wellbeing influencers to enable you to curate your feed – people who make us laugh, feel good, brighten our day, trigger our creativity, empower us to do better and who are sharing interesting things on their social media platforms.

## LIST OF INFLUENCERS WE THINK

## YOU MIGHT LIKE AND THAT WE LOVE:



[Amii Illustrates](#) - illustrator / webcomic artist - satire, absurdity, simplicity & good news.

[Amika George](#) - activist and campaigner against period poverty in the UK.

[Ashton Attz](#) - Queer & Trans artist and activist.

[Blair Imani](#) - Black, bisexual, & Muslim activist and creator of *#SmarterInSeconds*.

[Brene Brown](#) - empowering speaker and behavioural researcher.

[Connor DeWolfe](#) - actor and ADHD & Autism content creator.

[Crystal Draws Stuff](#) - wellbeing, positivity and empowerment artist.

[Dom and Ink](#) - wellbeing, positivity, art and colourful activism.

[Elle Deran](#) - trans advocate, educationalist & content creator.

[Evie Meg](#) - mental health and Tourette's activist.

[Feeding Steven](#) - wholesome seagull videos.

[Fox Fisher](#) - author and activist.

[Good Life Project](#) - Live a more meaningful, connected, and vital life.

[Good Strange Vibes](#) - Queer feminist artist, drawing illustrations to shake up the status quo & celebrating positive body image.

[Hannah Daisy](#) - artist and mental health advocate.

[Haley Weaver](#) - artist, writer, worrier.

[I'm Tired Project](#) - highlighting micro-aggressions, stereotypes & discrimination.

[I Weigh](#) - community championing radical inclusivity.

[Journalsofdami](#) - digital content creator.

[Judy Andrews](#) - maximalist designer and artist.

[Kate Stanforth](#) - dancer, model and disability activist.

[Katie Meehan](#) - beauty, fashion, photography & music - born with a facial difference.

[Kelli Erdman](#) - happily dancing through life and colourful content creator.

[Kelliladerer](#) - mental health and eco passionate artist and designer.

[Khaby Lame](#) - Tik Tok content creator and gamer.

[Liberal Jane](#) - body autonomy focused visual artist.

[Lingvistov](#) - cat comics and illustration.

[Live From Snack Time](#) - hilarious & wholesome kids quotes about life.

[Liz Harry Design](#) - maker of mental health themed goodies.

[Matt Haig](#) - mental health author and activist.

[Natalie Byrne](#) - Latina Illustrator making art to help you feel less alone.

[NASA](#) - exploring the universe and our home planet.

[National Geographic](#) - Inspiring the explorer in everyone.

[North East Family Fun](#) - award-winning website and go-to resource sharing ideas for things to do, places to visit and dine across North East England and beyond.

[Oh Happy Day](#) - picnics, adventures and beautiful things.

[OHVERLEE](#) - cheering readers on one Instagram post at a time.

### LIST OF INFLUENCERS WE THINK

#### YOU MIGHT LIKE AND THAT WE LOVE:

**Olives Book Club Bookshop** - queer, independent, anti-racist, anti-ableist and feminist book lover and activist.

**Owl Kitty** - keep calm and watch cat videos.

**Protest Press** - Design collective aiming to create positive change and empowerment.

**Rooted Zine** - award winning independent zine & social platform for Black, Asian & PoC creatives.

**Self Care Is For Everyone** - collective that embraces art & design to encourage self-care and empathy.

**Shane Feldmen** - inspiring young people to be positive change-agents in their communities.

**Sheldo Draws** - tattooist, designer and illustrator.

**Smart Girls** - celebrate your truest self. Why? Because you change the world by being yourself!

**Some Good News** - source for good news stories from around the world.

**Stacie Swift** - self-care and well-being illustrator and author.

**Straight Up Cat Leg** - pictures of cats with their legs in the air.

**Survival Techniques** - street art that aims to promote hope and optimism - bringing a little light to those having a dark day.

**Teen Breathe** - publication championing wellbeing and mindfulness as the basis of a happier, healthier, more fulfilled life.

**The Happy Broadcast** - fact-checked ANXIETY-FREE content from around the world that is good for your mental health.

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

**Therapy with Abby** - therapist, author and mum.

**Tika The Iggy** - fashionista, icon and dog.

**Tyler Spangler** - psychology grad & art school dropout.

**UK Youth** - Supporting youth work and young people.

**Upworthy** - Sharing the best of humanity with the world.

**Wednesday Holmes** - the warm hug of illustrations.

**Weird Wednesday** - apparel & clothing.

**Whataboutbunny** - sheepadoodle/ existentialist dog communicating using sound BUTTONS!

**Worry Lines** - mildly uplifting daily drawings.



We hope you find this resource useful and that it brings some relief and light if you need it.

We want this to be an evolving list - so if there are any organisations or individuals that you think should be included but aren't, let us know by emailing us at: [info@mortalfools.org.uk](mailto:info@mortalfools.org.uk)

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