

Resources for parents and young people who may want to know more about getting help for mental health problems

Just in case you would like to learn more about mental health problems, or would like to find out a bit more about getting some support, we have put together this list of resources. This provides a starting point, but it is not a full list of everything on offer, and we cannot guarantee the quality of everything you'll find on these pages. However, these are all well regarded sources. As always, in case of an emergency, ring 999.

NHS Choices

<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

Young Minds

Pages of useful information for children and young people Including Young Minds Guide to mental health services for children and young people - 'who's who in CAMHS', a set of resources for parents, and a parent helpline

[http://www.youngminds.org.uk/for children young people/guide to mental health services](http://www.youngminds.org.uk/for_children_young_people/guide_to_mental_health_services)

Rethink Mental Illness

Resources for young people

<https://www.rethink.org/living-with-mental-illness/young-people>

Including a page on getting help, what and where:

<https://www.rethink.org/living-with-mental-illness/young-people/getting-help-what-and-where>

Mental Health Foundation

Pages on children and young people

<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/C/children-young-people/>

Childline

Free, 24 hour helpline for children and young people in danger or distress

<http://www.childline.org.uk/Pages/Home.aspx>

Family Lives

National family support charity including a helpline

<http://www.familylives.org.uk/>

Healthtalk.org and Youthhealthtalk.org

Interviews with parents and young people with personal experience of mental health

<http://www.healthtalk.org/peoples-experiences/mental-health>

National Children's Bureau

The National Children's Bureau's list of resources on children's mental health and emotional wellbeing

<http://www.ncb.org.uk/healthy-care/useful-links/mental-health-and-emotional-well-being>

The Site

TheSite.org is an online guide to life for 16-25 year-olds in the UK, providing non-judgmental support and information on everything from sex and exam stress to debt and drugs. TheSite.org is owned and run by YouthNet, a London-based registered charity. <http://www.thesite.org/mental-health>

Youth Access

An umbrella organisation for charities offering counselling, advice or information services to young people, including a page to help you find local services

<http://www.youthaccess.org.uk/find-your-local-service/>

MIND

Resources on self-harm

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/#.VpZljfmLTre>

PAPYRUS

A charity dedicated to the prevention of youth suicide

Including a helpline (HOPELineUI), which is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to;

- Children, teenagers and young people who are worried about how they are feeling
- Anyone concerned about a young person

<https://www.papyrus-uk.org/>

Eating Disorders Association – BEAT

Information and help on all aspects of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and related eating disorders.

<http://www.b-eat.co.uk/>

Anxiety UK

A charity working to raise the profile of anxiety disorders, with a telephone infoline, a text enquiry service, and a page on hep for family, friends and carers

<https://www.anxietyuk.org.uk/>

National Self Harm Network

An online forum for individuals who self harm and their families

<http://www.nshn.co.uk/downloads.html>

SelfharmUK

SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. <https://www.selfharm.co.uk/>

Harmless

A user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals. <http://www.harmless.org.uk/>

Talk to Frank

Confidential information and advice for young people and families/friends/caeres about drug use and substance misuse <http://www.talktofrank.com/>

MindEd

An extensive set of resources built by parents and professionals to provide more information on mental health topics, parenting issues and what to do in a crisis.

<http://minded.e-lfh.org.uk/families/index.html>