

Helpful Links, Charities & Organisations

Below you will find a growing list of very helpful support organisations and resources. Many of these organisations have free counselling, online communities or can point you in the direction of local support services.

General youth support & mental health support and advice

Students against Depression, help with anxiety, depression and suicide for older young people
<https://www.studentsagainstdepression.org/>

Student Mind for help with college & university age young people
<https://www.studentminds.org.uk/>

Young Minds <https://youngminds.org.uk/>

Mental Health Foundation <https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

Mind <https://www.mind.org.uk/>

Campaign Against Living Miserably <https://www.thecalmzone.net>

Railway Children (working alongside the British transport police to support and protect runaway children and young people) <https://www.railwaychildren.org.uk/what-we-do/our-work-in-the-uk/>

Remploy - Fact sheets from Remploy on how to support various conditions and disabilities useful for college age or entering the workplace <https://www.remploy.co.uk/employers/resources/disability-awareness-factsheets>

Support line - a national helpline for all ages for anyone who is or has experienced abuse
<https://www.supportline.org.uk>

Rethink - support groups by geographical location <https://www.rethink.org/services-groups/support-groups>

Sane – support for all mental health issues <http://www.sane.org.uk>

Health Talk – the youth section has good advice for various topics such as eating disorders and psychosis <http://www.healthtalk.org/>

Anxiety

Anxiety UK - <https://www.anxietyuk.org.uk/> All ages with sections for young people

Online guide from anxiety UK
https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf

Online guide from the mental health foundation
https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf

Anxiety workbook NHS Scotland <https://www.moodjuice.scot.nhs.uk/anxiety.asp>

Anxiety UK national self-help groups <https://www.anxietyuk.org.uk/membership-services/self-help-groups/>

No Panic -Visit the Youth hub section for youth resources including access to professional help membership is £5 and offers 1:1 mentoring as well as other helpful bits
<https://www.nopanic.org.uk/no-panic-youth-hub/>

Clinical partners – national professional hub of youth / child appropriate practitioners
<https://www.clinical-partners.co.uk/child-adolescents>

Bullying

Ditch the Label <https://www.ditchthelabel.org/>

Advice on all forms of bullying including helpful practical steps <https://www.bullying.co.uk/>

Anti-bullying Alliance- advice on all forms of bullying including peer support schemes
<https://www.anti-bullyingalliance.org.uk>

Kidscape - Useful advice, resources and lesson plans <https://www.kidscape.org.uk/resources/>

National bullying helpline – advice and support for adults and children
<https://www.nationalbullyinghelpline.co.uk/>

Bullies out - Advice with email and phone support <https://bulliesout.com/>

Depression

Understanding CBT tool Behavioural Activation
<https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>

The Black Dog video - <https://www.youtube.com/watch?v=XiCrniLQGYc>

Royal college of Psychiatrists - General help and fact sheet <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/depression-in-children-and-young-people-for-young-people>

Drugs & Alcohol

Support for families affected by substance abuse <https://www.drugfam.co.uk/>

Talk to Frank <https://www.talktofrank.com/>

Smart Recovery – a mainly adult focussed peer to peer CBT based program. This does offer family support and has a nice download section for some focussed reflection
<https://smartrecovery.org.uk/general-resources/?tag=toolbox>

Eating disorders

Beat - <https://www.beateatingdisorders.org.uk/> (has a 'help finder', for access to local services & a youth and student helpline)

Vogue and teen vogue have teamed up against Pro Ana and Pro Mia sites
<https://www.teenvogue.com/story/thinspiration-pro-ana-social-media>

Fixers – help advice and resources around eating disorder <http://www.fixers.org.uk/fixing-eating-disorders/fixers-free-stuff.php>

National eating disorders association <https://www.nationaleatingdisorders.org>

Grief & Bereavement

Winston's Wish - <https://www.winstonswish.org/>

Death Café (where people can freely discuss their thoughts about death in a supportive environment) <https://deathcafe.com>

Widowed & Young <https://www.widowedandyoung.org.uk/about/what-is-way/>

Hearing voices and psychosis

The Hearing Voices Network UK <https://www.hearing-voices.org/>

The Hearing Voices Network Wales <https://hearingvoicescymru.org/>

LGBT+

Stonewall, fighting against hate crime <https://www.stonewall.org.uk/>

Gender Intelligence – hub of advice and support for all with specific youth sections
<http://genderedintelligence.co.uk/>

LGBT+ switchboard - <https://switchboard.lgbt/>

Pink Therapy LGBT+ inclusive and expert therapists <http://www.pinktherapy.com/>

Gender identity <https://www.mermaidsuk.org.uk/>

Psychosis

Time to change personal stories <https://www.time-to-change.org.uk/category/blog/psychosis>

Kathryn on postpartum psychosis <https://www.youtube.com/watch?v=SqB-f8F5ek>

Postpartum psychosis <https://www.app-network.org/>

Hobbies and psychosis <https://www.youtube.com/watch?v=mLPP8Q7Fchw>

Relationships & mental health e.g. anxiety through relationship breakdown

Visit Relate <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/mental-health/teen-anxiety>

The importance of fostering positive relationships
<https://www.mentalhealth.org.uk/publications/relationships-21st-century-forgotten-foundation-mental-health-and-wellbeing>

Self-Harm

Self-Injury Support - <https://www.selfinjurysupport.org.uk/>

Recover Your Life <http://www.recoveryourlife.com/index.php?categoryid=1>

Harm minimisation <http://butterfly-project.tumblr.com/>

Article on 'non-conventional' self-harm <https://www.themix.org.uk/mental-health/self-harm/not-all-self-harm-looks-like-self-harm-31094.html>

Self-Harm UK - recovery and support information <https://selfharm.co.uk/>

Suicide

Samaritans <https://www.samaritans.org/> Call 116123 free

If you care Share <https://www.ifucareshare.co.uk/>

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

AMPARO – Support after suicide <https://www.listening-ear.co.uk>

Support after suicide <http://supportaftersuicide.org.uk/wp-content/uploads/2016/09/England-Help-is-at-Hand.pdf>

Communication and suicide https://www.thecalmzone.net/wp-content/uploads/2018/03/Finding_the_Words.pdf

Free short course on suicide prevention www.zerosuicidealliance.com/training/

Apps (all available in the Play Store and the App Store)

Calm - <https://play.google.com/store/apps/details?id=com.calm.android>

Headspace - <https://play.google.com/store/apps/details?id=com.getsomeheadspace.android>

Stay Alive – Suicide prevention

<https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive>

Self-help Anxiety Management -

<https://play.google.com/store/apps/details?id=com.uwe.myoxygen&showAllReviews=true>

Well Mind NHS - <https://play.google.com/store/apps/details?id=com.bluestepsolutions.wellmind>

Grief Support for Young People -

<https://play.google.com/store/apps/details?id=bereavementsupport.childbereavementuk.com.griefsupport>

Calm Harm – tool to help delay and ‘ride’ the emotions / urges of self-harm

<https://play.google.com/store/apps/details?id=uk.org.stem4.calmharm>

Clear Fear – By the same developers are calm harm, a tool to manage anxiety

<https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear>