

Useful resources/agencies/websites containing information on mental health:

ORGANISATION	WEBSITE	SUPPORT OFFERED
YOUNG MINDS	WWW.YOUNGMINDS.ORG.UK	GENERAL GUIDANCE AND INFORMATION REGARDING MENTAL HEALTH, SPECIFIC PARENT HELP LINE, YOUNG PERSON'S CRISIS MESSENGER SERVICE
HARMLESS	WWW.HARMLESS.ORG.UK	ONLINE SUPPORT FOR YOUNG PEOPLE AND FAMILIES EXPERIENCING SELF-HARM CONCERNS
KOOTH	WWW.KOOTH.COM	ONLINE COUNSELLING & EMOTIONAL WELLBEING PLATFORM ACCESSIBLE THROUGH MOBILE, TABLET AND DESKTOP
BEAT	WWW.BEATEATINGDISORDERS.ORG.UK	SUPPORT FOR YOUNG PEOPLE AND THEIR FAMILIES EXPERIENCING AN EATING DISORDER.
CHILDLINE	WWW.CHILDLINE.ORG.UK	CHARITY RUN ORGANISATION SUPPORTING CHILDREN'S WELLBEING
TIME TO CHANGE	WWW.TIME-TO-CHANGE.ORG.UK	ANTI-STIGMA CAMPAIGN LEAD BY THE CHARITY 'MINDS'
ANNA FREUD CENTRE	WWW.ANNAFREUD.ORG	WORLD-LEADING MENTAL HEALTH CHARITY FOR CHILDREN AND FAMILIES
SAMARITANS	WWW.SAMARITANS.ORG	24 HOUR SUPPORT ONLINE/PHONE

