

## Wellbeing and Mental Health Resources:

**Childline** is a free, confidential helpline for children - 0800 1111. They also provide online support - [www.childline.org.uk/Talk/Pages/ContactingChildLine.aspx](http://www.childline.org.uk/Talk/Pages/ContactingChildLine.aspx)

**Get Connected** is a free, confidential helpline service for young people under 25, who need help, but don't know where to turn. The helpline number is 0808 808 4994. Go to the website for more information and other ways to access their services - [www.getconnected.org.uk](http://www.getconnected.org.uk)

**The Kooth** website provides free online access to counsellors - [www.kooth.com](http://www.kooth.com)

**Mindfull** is a free, online service for 11-17 year olds and provides self-help, access to Mindfull mentors, and Counsellors - [www.mindfull.org](http://www.mindfull.org)

**Papyrus**, is a charity that aims to prevent young suicides - [www.papyrus-uk.org](http://www.papyrus-uk.org) They have a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called **HOPELineUK** - 0800 068 41 41.

**Relate** provide local counselling services for all ages, including young people - [www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling](http://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling) They also have an online emotional support and advice resource called IRelate - [www.irelate.org.uk](http://www.irelate.org.uk) where you can find information and access an online counsellor.

**YoungMinds Parents' Helpline** is a free, confidential helpline is for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. The helpline number is **0808 802 5544**. Go to their website for further information - [www.youngminds.org.uk/for\\_parents/parent\\_helpline](http://www.youngminds.org.uk/for_parents/parent_helpline)

**Youth Access** have a directory of local youth information, advice and counselling services, which are for young people aged 14-25 - [youthaccess.org.uk/find-your-local-service/](http://youthaccess.org.uk/find-your-local-service/)

**Youth Health Talk** provides advice and support on mental health issues, which is from young people for young people - [healthtalkonline.org/young-peoples-experiences](http://healthtalkonline.org/young-peoples-experiences)

**The Youth Wellbeing Directory** is a database of services that help support

**ADDISS** - National Attention Deficit Disorder Information and Advice Service - [www.addiss.co.uk](http://www.addiss.co.uk) This organisation provides training for schools on ADHD management and information and advice about ADHD. They produced 'School Report: Perspectives on ADHD', which illustrates what it is like to be a child with ADHD in the school system - [www.addiss.co.uk/schoolreport.pdf](http://www.addiss.co.uk/schoolreport.pdf)

**CAMHS** Evidence Based Practice Unit - **How to Get up and go when you are feeling low**. This booklet provides some top tips for Year 4 students when they are feeling upset or stressed - [www.annafreud.org/data/files/CAMHS\\_EBPU/Publications\\_and\\_Resources/year4\\_help4pupils.pdf](http://www.annafreud.org/data/files/CAMHS_EBPU/Publications_and_Resources/year4_help4pupils.pdf)

**CAMHS** Evidence Based Practice Unit - **I Gotta Feelin**. This booklet provides some top tips for Year 7 students on how to feel good [www.ucl.ac.uk/ebpu/docs/publication\\_files/year7\\_help4pupils](http://www.ucl.ac.uk/ebpu/docs/publication_files/year7_help4pupils)

**Mental Health Foundation** - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) provide lots of useful information about mental health.

**OCD Action** have produced an online guide on OCD for teachers, parent and young people  
- [school.ocdaction.org.uk/](http://school.ocdaction.org.uk/)

**Rethink Mental Illness** produces a lot of useful information for young people about mental health - [www.rethink.org/living-with-mental-illness/young-people](http://www.rethink.org/living-with-mental-illness/young-people)

**Royal College of Psychiatrists** [www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx) provide a wide range of leaflets and other information for parents, young people and professionals.

**The Site** website is aimed at young people and provides lots of useful information on a range of topics, including mental health - [www.thesite.org](http://www.thesite.org)

**What is ADHD?** This booklet from Family Action is aimed at young people with ADHD - [www.family-action.org.uk/section.aspx?id=11526](http://www.family-action.org.uk/section.aspx?id=11526)

**YoungMinds** provide information on emotional wellbeing and mental health problems for a range of audiences including young people - [www.youngminds.org.uk/for\\_children\\_young\\_people](http://www.youngminds.org.uk/for_children_young_people) and parents - [www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents)