



Mental Health Support Team

## Resources for supporting children and young people's mental health

### Websites for parents/carers:

**Young Minds** – information on supporting mental health during the pandemic

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

**Every Mind Matters** – ways to support children and young people's mental health

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

**Place2Be** – supporting your child with their mental health

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

**Family Lives** - support, advice and helpline for parents

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

**Happy Maps** – information, resources, and videos

<https://www.happymaps.co.uk/>

**Action for Children** – articles and access to a 1:1 chat online

<https://parents.actionforchildren.org.uk/emotional-wellbeing/>

**No Panic** – information and activities to help those who suffer with panic attacks

<https://nopanic.org.uk/>

**Beat eating disorders** – information and resources for support with eating disorders

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

**Stem 4 Self Harm** – Stem 4 has information and resources to support with various mental health difficulties. This specific link will take you to the self harm page.

<https://stem4.org.uk/self-harm/>

**Mermaids** – support for children and young people who are gender-diverse and their families

<https://mermaidsuk.org.uk/>

## Websites for children and young people to access:

**Kooth** – free and confidential online chat with a counsellor, read or join in on discussion boards, start your own journal, access to magazine articles about mental health.

<https://www.kooth.com/>

**Stem4** – Information about different mental health difficulties and things you can do to start feeling better.

<https://stem4.org.uk/>

**Kidscape** – support for children and young people that have experienced or are experiencing bullying

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

**Mermaids** – support for children and young people who are gender-diverse and their families

<https://mermaidsuk.org.uk/>

**Rise above** – Tips, games and resources for gaining confidence, tackling anxiety and other general life stuff.

<https://riseabove.org.uk/topic/my-mind/>

**The Proud Trusty** - information and resources on LGBT+

<https://www.theproudtrust.org/>

## Apps for children, young people and families:

**Think ninja** – features strategies to help you manage your thoughts and feelings

<https://www.healios.org.uk/services/thinkninja1>

**Stem 4 apps** - <https://stem4.org.uk/>

- Calm Harm – a free app to help manage or resist the urge to self-harm
- Clear Fear – a free app to help manage symptoms of anxiety
- Move Mood – a free app to manage low mood and depression
- Combined Minds – a free app to help families and friends provide mental health support

## Text services:

**Young minds** - free and confidential crisis text service. Text YM to [85258](tel:85258)

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>