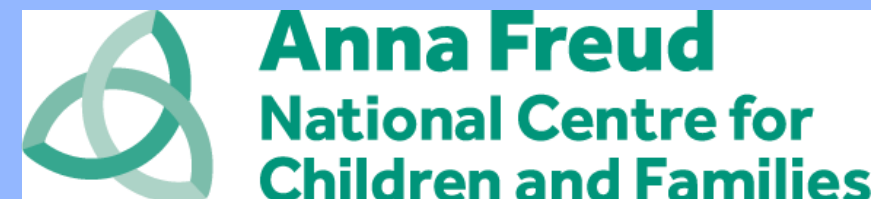


# Mental Health and Wellbeing

## Online Support for Young People and their Parents and Carers

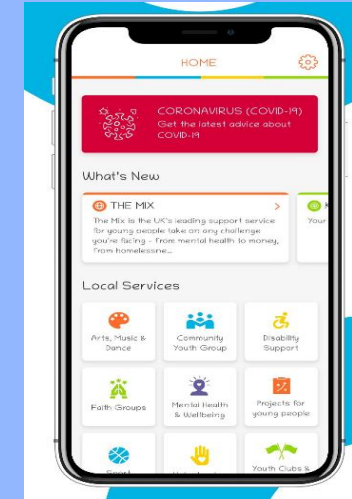
Some Local and National Examples:



## **Your Way**

<https://your-way.org.uk/headstart-app/>

This is a Cornwall specific app that is designed for young people to use and provides information about local support groups, self help resources including podcasts and blogs and help to create a wellbeing and resilience action plan. Find it on Google Play and Apple Store.



START  
NOW

## **Start Now from HeadStart Kernow**

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

This is a Cornwall specific website designed by young people for HeadStart Kernow to support young people in Cornwall know how to look after their own wellbeing, where to get help, who to ask for help and how to ask for help. There are lots of resources on the website including podcasts and a toolkit.



## Mind Your Way

[www.mindyourway.co.uk](http://www.mindyourway.co.uk)

This is a Cornwall specific website designed by young people to support young people with their mental health and wellbeing.

mind **your** way




**YOUNG**MiNDS  
fighting for young people's mental health

## Young Minds

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

This is a national website with lots of information for young people and parents and carers regarding young people's mental health and wellbeing. There is also a Parent Helpline and Web Chat service available during weekdays.



## The Mix

<https://www.themix.org.uk/mental-health>

This is a national website with lots of information and support for young people aged under 25 regarding a range of topics including mental health. There is helpline and chat support and also group forums and discussions that are monitored and moderated.



## Epic Friends

<https://epicfriends.co.uk/>

This is a national website for friends of those who are struggling emotionally or experiencing mental health difficulties. It gives tips and advice for friends to listen and support their friend.



## Kooth

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

This is a national website and is a free, anonymous and confidently online wellbeing service offering counselling, information and forums for young people aged 11+.



## Anna Freud – National Centre for Children and Families

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

This is a national website and it offers support for young people and their parents and carers including a Crisis Messenger service for young people and their parents and carers. There is information for young people and lots of self-care activities.

## 'The Resilience Lab'

<https://www.otrbristol.org.uk/the-resilience-lab/>

This is a Bristol based website including the Resilience Lab, which is run by a team of trained young people. Included in the Resilience Lab is a Wheel of Life activity where young people can think about which areas of their life they are finding most difficult, lots of tips and advice and the Mood Booster activity which helps to provide simple ideas to improve your mood.

**The Resilience Lab**



**DITCH  
THE LABEL**

## Ditch the Label

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

This is a national website from the charity Ditch the Label who support young people aged 12 – 25. The support the charity offers ranges from support with mental health and bullying to relationships. They also have monitored community forums to speak to other members as well as trained support mentors.

## **No Panic**

<https://nopanic.org.uk/youth-resources/>

No Panic is a charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders. They have a Youth Hub with resources and a youth helpline.



## **Alumina**

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

Alumina (previously SelfHarmUK) is a national website for young people aged 14-19 who are currently self-harming or thinking about self-harming. They run online support courses led by trained counsellors and youth workers.



## **Stem4**

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

Stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers. Their website has lots of support information including links for their different apps that they have for teenagers including ClearFear (support for teenage to manage the symptoms of anxiety), CalmHarm (support for teenagers to manage or resist the urge to self harm) and MoveMood (support for teenagers to manage low mood and depression).



## **NHS Every Mind Matters**

These NHS websites include tools and advice including pages dedicated to children and young people's mental health and self-care videos.

<https://www.nhs.uk/every-mind-matters/>

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

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

The logo for 'Better Health every mind matters'. It features the words 'Better Health' in white, bold, sans-serif font inside a dark brown square. To the right of the square, the words 'every mind matters' are written in a smaller, black, sans-serif font.

## **Mind Ed for Families**

<https://mindedforfamilies.org.uk/young-people/>

Mind Ed is a free online resource for parents, carers and professionals working with children and young people. The Mind Ed for Families section provides useful documents and videos with advice and tips on how to support children and young people's mental health and wellbeing.



## **Family Lives**

<https://www.familylives.org.uk/advice/teenagers/health-wellbeing/>

Family Lives is a national website and a collaboration of several charities to produce a dedicated organisation supporting parents. They provide a lot of information and advice to support families of children and young people of all ages. They also offer a helpline and online chat service to support parents.

## **Kidscape**

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

Kidscape is a charity that provides practical support, training, and advice to challenge bullying and protect young lives. Their website has advice pages and posters for young people and parents and carers, information about their ZAP workshop for young people and parents and carers and also a helpline to support anyone who is concerned about a child - either because they are being bullied, or because they may be involved in bullying others.



## **Action for Children's Parent Talk**

<https://parents.actionforchildren.org.uk/>

Action for Children's Parent Talk offers free advice for parents and carers of children aged 0-19 in the UK. Their national website has different topics of advice and also a 1:1 chat service.



## **Happy Maps**

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

HappyMaps is a national charity that has been developed by healthcare professionals with help from parents and young people. On their website, they have a variety of mental health resources for parents, carers, and young people, all in one place.

