

**Young Minds** - The UK's leading charity fighting for children and young people's mental health.

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

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

**Anxiety UK** is a user-led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety-related disorders. 03444 775 774 or text 07537 416 905

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

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

**Big White Wall** is a unique online mental health and wellbeing service offering self-help programmes and creative outlets.

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

**Mind** provide advice and support to empower anyone experiencing a mental health issue. They campaign to improve services, raise awareness and promote understanding. 0300 123 3393

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

**MindEd** for Families give safe and reliable advice to parents and carers about young people's mental health.

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

The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. 0808 808 4994

**CALM (Campaign Against Living Miserably)** is a helpline for young males aged 16 to 35 years, suffering from depression and low self-esteem.

<https://www.thecalmzone.net/>

### **Childline**

Childline provides help for anyone under 19 in the UK with any issue they're going through. 0800 1111

**Kooth** is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

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

**The Mix** is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. 0808 808 4994  
<https://www.themix.org.uk/mental-health>

**Moodscope** exist in order to help people to positively manage their moods.  
<https://www.moodscope.com/>

**Samaritans** offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. 116 123 **FREE**

**Sane** works to improve quality of life for anyone affected by mental health issues.  
0300 304 7000 / 07984 967 708