

10 Ways to Find Support

with Children and Young People's Mental Health



1.

YoungMinds ([youngminds.org.uk](https://www.youngminds.org.uk)) is a great source of advice, resources, toolkits, reports and workshops for children and young people.

2.

Kooth ([kooth.com](https://www.kooth.com)) An online community offering immediate, anonymous online support for children and young people.

3.

Shout ([giveusashout.org](https://www.giveusashout.org)). Text 85258 to receive immediate support, or go online to access support, information and resources to support mental health.

4.

The NHS – Every Mind Matters ([nhs.uk/oneyou/every-mind-matters](https://www.nhs.uk/oneyou/every-mind-matters)). Expert advice and practical ideas to help everyone look after their mental health. The website includes a special section for children and young people.

5.

Head Ed ([education.stem4.org.uk](https://www.education.stem4.org.uk)). Not only does Head Ed offer both quizzes, information and activities to help teenagers learn more about mental health independently, it also includes four free teaching modules for schools.

6.

Place2Be ([place2be.org.uk](https://www.place2be.org.uk)) offers student counselling, mental health support and training for primary and secondary schools across England, Scotland and Wales.

7.

Mentally Healthy Schools ([mentallyhealthyschools.org.uk](https://www.mentallyhealthyschools.org.uk)) provides information, advice and resources for primary schools.

8.

Mental Health Foundation – Make it Count ([mentalhealth.org.uk/campaigns/mental-healthschools-make-it-count](https://www.mentalhealth.org.uk/campaigns/mental-healthschools-make-it-count)). The site provides guides for teachers, students and parents/carers on understanding and protecting student mental health.

9.

The Anna Freud Centre ([annafreud.org](https://www.annafreud.org)) has published a booklet for primary and secondary schools to support staff in understanding how best to help children and young people in their care.

10.

The Reintroduction Hub ([thereintroductionhub.com](https://www.thereintroductionhub.com)). Teachers use the tool to assess children's responses to the pandemic and to design personalised plans to support each child in their return to education.