

## Resource list for Children, Young People and Families

The list below will help signpost children, young people and families to credible information about emotional health and wellbeing. Schools can share this information by putting it on websites and in newsletters.

### Helplines and websites for children and young people

Description	Link
<b>NHS Choices</b> – An excellent information hub offering young people advice and help on mental health problems including depression, anxiety and stress.	<a href="#">Mental health information hub</a> <a href="http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx">http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx</a>
<b>Check your mood</b> – understand your mood and how you feel	<a href="#">Check your mood</a> <a href="http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx">http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx</a>
<b>Speak out Stay safe</b> programme - a free helpline with specially trained volunteers for children in primary school.	The helpline number is 0800 1111
<b>Get connected</b> 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 <a href="http://www.getconnected.org.uk/">www.getconnected.org.uk/</a>
<b>Childline</b> a free, private and confidential service for children and young people - online, on the phone, anytime	The free phone number is 0800 1111 <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
<b>Childline</b> also have some really useful tips to help children and young people deal with exam stress	<a href="#">Beat exam stress</a> <a href="https://www.childline.org.uk/globalassets/info-and-advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf">https://www.childline.org.uk/globalassets/info-and-advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf</a>
<b>Papyrus</b> is a charity that aims to prevent young suicides. It has a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called HOPELineUK.	The helpline number is 0800 068 41 41 <a href="http://www.papyrus-uk.org/">www.papyrus-uk.org/</a>
<b>Young Minds</b> information to young people and children about mental health and emotional wellbeing	<a href="#">Young Minds</a>
<b>Relate</b> provides local counselling services for all ages including young people. It also has an online emotional support and advice resource called IRelate which provides information and access to an online counsellor	<a href="#">Children and Young People's Counselling</a> <a href="http://www.irelate.org.uk/">www.irelate.org.uk/</a>

<b>Rise Above</b> helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support	riseabove.org.uk/
<b>Youth Access</b> offers a directory of local youth information, advice and counselling services for young people aged 14-25	youthaccess.org.uk/find-your-local-service/

### Helpline and support for parents

Description	Link
<p><b>YoungMinds Parents' Helpline</b> is a free, confidential helpline 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.</p> <p>Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25</p>	<p>The parents' helpline number is 0808 802 5544</p> <p><a href="#">Worried about your child?</a></p>
<p><b>MindEd for Parents:</b> Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child.</p>	<p><a href="#">MindEd for Parents and Carers</a></p>

### Resources written by young people, for young people

Description	Link
The Site provides information on a range of topics including mental health	<a href="http://www.thesite.org/">www.thesite.org/</a>
<b>Youth Health Talk</b> provides advice and support on mental health issues from young people for young people	healthtalkonline.org/young-peoples-experiences

### Self Harm

Description	Link
Alumina is an online course for young people aged 14-19 years and provides group and individual courses.	alumina.selfharm.co.uk/