

Helpful sites – supporting your mental health

Organisation	Website	Description
'Heads Together'	https://www.headstogether.org.uk	Heads Together is a mental health initiative spearheaded by The Duke and Duchess of Cambridge and Prince Harry, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.
Young Minds	https://youngminds.org.uk	Young Minds reflects the voice of young peoples' mental health and wellbeing. It offers a range of publications by and for young people on various aspects of mental health.
Mind	https://www.mind.org.uk/information-support/a-z-mental-health/	Mind are a mental health charity. They claim to, 'provide advice and support to empower anyone experiencing a mental health problem. The link will take you to 'The A to Z of mental health' with concise, well written information on a range of issues and printable pdf documents
NHS Tyne and Weir	https://web.nrw.nhs.uk/selfhelp/	This NHS Trust has taken a leading role in mental health support services and materials nationally. Free self-help leaflets on a wide range of issues
CWMT – Students against depression	https://www.studentsagainstdepression.org/about-us/charlie-waller-memorial-trust/	Students Against Depression is a website offering advice, information, guidance, and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies, and advice of students themselves – after all, who better to speak to their peers about how depression can be overcome.
Time to Change	www.time-to-change.org.uk/what-are-mental-health-problems/mental-health-help-you/other-useful-organisations	List of charities and organisations to support with mental health and has activities and resources to but they are 'school based'
Rethink Mental Illness	https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/	This website contains clear information about all different types of mental illness and tips for adults and older teenagers about managing their mental health during COVID.

Samaritans	https://www.samaritans.org/	If you are looking for facts and information about suicide here is the place to find it. They also have a page for adults about how to take care of your own mental health during COVID - https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/
Childline	www.childline.org.uk	A free confidential service for young people under 19 to talk with a trained counsellor any issue – large or small. Call: 0800 111
Anxiety UK	https://www.anxietyuk.org.uk/	Anxiety UK is a UK national registered charity formed in 1970 for those affected by anxiety disorders. It is a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders.
No Panic	https://nopanic.org.uk	No Panic offers advice, support, recovery programs and help for people living with phobias, OCD and any other anxiety-based disorders.
Mind full	https://themindfull.co.uk/	MindFull is a free-to-access platform, that syncs the best mood-boosting content from across the web to boost moods and unlock creativity.
CALM (Campaign against living miserably)	https://www.thecalmzone.net/	CALM run a free, confidential and anonymous helpline as well as a webchat service, offering help, advice and information to anyone who is struggling or in crisis.
Papyrus	https://www.papyrus-uk.org/	PAPYRUS is the UK Charity for the prevention of young suicide (under 35). For PAPYRUS HOPELINEUK call 0800 068 4141 (open 9am - midnight every day of the year)
Drinkaware.co.uk	https://www.drinkaware.co.uk/	Drinkaware provides independent alcohol advice, information and tools to help people make better choices about their drinking.
Addaction – now We are With You	https://www.wearewithyou.org.uk/	Get free, confidential support with alcohol, drugs or mental health from one of our local services or online
FRANK	https://www.talktofrank.com/	Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today

Action happiness	for https://www.actionforhappiness.org/	Action for Happiness is a movement of people all over the world supported by charity based in the United Kingdom.
The pursuit of happiness	of https://www.pursuit-of-happiness.org/	Provides Science-Based Information On The Life Skills Needed To Pursue A Meaningful Life.