

Useful Websites for Information about Mental Health

- **CAMHS Who Am I?** Is a service user led website which provides information and advice for young people.
Web: www.camhswhoami.co.uk
- **Stamp Out Stigma** is a campaign led by 5 Boroughs Partnership NHS Foundation Trust which aims to educate the public about the realities of illness and learning disabilities and to help stamp out the stigma that surrounds them.
Web: www.stampoutstigma.co.uk
- **Young Minds** provides support and advice to children and young people about a variety of mental health issues.
Web: www.youngminds.org.uk
- **Mind** provides information and advice on different types of mental health problems, medication, treatments, and guides to support and services.
Web: www.mind.org.uk
- **Rethink Mental Illness** challenges attitudes to mental health and changes lives by providing individuals with information, support and advice.
Web: <https://www.rethink.org/living-with-mental-illness/young-people>
- **Time to Change** aims to challenge mental health stigma and discrimination. It contains information about mental health and why we need to start talking about it.
Web: www.time-to-change.org.uk
- **The Mental Health Foundation** is an informative website which offers straightforward and clear information on every aspect of mental health and learning disabilities.
Web: www.mentalhealth.org.uk
- **The Mix** is a free, confidential and multi-issue helpline service for young people under 25 who need help, but don't know where to turn. You can get in touch via phone, email or text for free.
Web: <http://www.themix.org.uk/>
- **Beat** is a charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Beat provides advice on what to do and how to get support.
Web: www.b-eat.co.uk
- **National Self-Harm Network** aims to support individuals who self-harm to reduce emotional distress and improve their quality of life.
Web: www.nshn.co.uk/downloads.html
- **Get Self-Help** is a website with a variety of resources and worksheets that you can work through to try and help improve your mental health.
Web: www.get.gg
- **Northumberland Tyne and Wear NHS Website** offers a number of self-help booklets to work through on a variety of different topics such as anxiety, self-harm and depression.
Web: www.ntw.nhs.uk/pic/selfhelp
- **Teen Mental Health** provides resources, advice and information for teenagers who are worried about their mental health.
Web: www.teenmentalhealth.org/
- **Stem 4** provides information and focuses on early awareness and intervention of the following mental health issues in teenagers: eating disorders; depression and anxiety; self-harm; and addiction. This website aims to help young people, parents and schools.
Web: <http://www.stem4.org.uk/>
- **Mind Your 5** provides information and advice on how to look after your mental health and wellbeing.
Web: <http://www.mindyour5.co.uk/>

- **Mood Juice** provides self-help materials and resources on how to help with anxiety, low mood, anger and stress to help you to look after your mental health.
Web: <http://www.moodjuice.scot.nhs.uk/>
- **NHS Choices** provides information and advice on young people's mental health problems.
Web: <http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>
- **Childline** offers a free 24 hour helpline for children and young people in danger or distress.
Web: <https://www.childline.org.uk/>
- **Family Lives** National family support charity providing a helpline.
Web: <http://www.familylives.org.uk/>
- **Youth Health Talk** provides interviews from young people and parents with personal experiences of mental health.
Web: <http://www.healthtalk.org/young-peoples-experiences>
- **PAPYRUS** is a national charity for the prevention of young suicide who offer help and advice.
Web: <https://www.papyrus-uk.org/>
- **Self-harm UK** provides support for young people (ages 11-19) impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what is going on in their life.
Web: <https://www.selfharm.co.uk/>
- **Alumnia** is an online course started by selfharm.co.uk for young people aged 14-18. It can offer online support over a 6 week period.
Web: <http://alumina.selfharm.co.uk/>
- **Epic friends** provides information about the most common teenage mental health issues, how to spot them and how to help.
Web: <https://epicfriends.co.uk/>