

Support available

Action for Happiness - www.actionforhappiness.org

A non-profit organization that offers resources and evidence-based suggestions for actions to enhance happiness and support mental well-being on a personal level, in communities, workplaces, and schools.

Anna Freud Centre - www.annafreud.org | Tel: 02077 942313 | Email: info@annafreud.org

A charity focusing on children's mental health, providing specialized assistance, research, and training for children, youth, families, and schools.

Association for Young People's Health (AYPH) - www.YoungPeoplesHealth.org.uk

A charitable organization and membership platform dedicated to advancing the health and well-being of individuals aged 10-24.

Barnardo's - www.barnardos.org.uk

A leading children's charity that delivers services, research, and guidance on various issues affecting children's well-being, such as child poverty, sexual exploitation, disability, and domestic violence.

Charlie Waller Memorial Trust - www.cwmt.org.uk

Offers awareness, information, and resources for young people dealing with depression, along with training for families, schools, colleges, universities, workplaces, and GPs.

Childline - www.childline.org.uk | Tel: 0800 1111

A counselling service for parents, children, and young people, providing free and confidential assistance. It also offers multilingual support for South Asian communities in the UK, including Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu, and English.

Family Links - www.familylinks.org.uk

Provides programs for parents of children from -9 months to 18+, equipping adults and children with skills for emotionally healthy lives, resilience, empathy, self-esteem, and positive relationships. Specialized programs cover parenting with Islamic Values, working with parents in prison, and supporting parents of children with disabilities or special needs.

Heads Together - www.headstogether.org.uk

An initiative to combat mental health stigma led by the Duke and Duchess of Cambridge.

Hub of Hope - www.hubofhope.co.uk

A national database of organizations and charities, offering easy access to mental health support and advice from organizations of all sizes.

Support available

Kooth - www.kooth.com

Online chat-based support services for young individuals provided by qualified counsellors for free.

Mental Health and Behaviour in Schools - www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2

The Department for Education (DfE) has created a set of guidance and practical tools to assist schools in enhancing student mental health, identifying and supporting students with more complex needs, and making appropriate referrals to specialized agencies when necessary.

Mental Health Foundation - www.mentalhealth.org.uk

A UK charity committed to uncovering and addressing the root causes of mental health challenges. It offers information, research, resources, and a helpful A-Z glossary of mental health terms.

Mind - www.mind.org.uk

A national charity that delivers information, advice, and advocacy to promote and safeguard good mental health for all.

MindEd - www.minded.org.uk

A free educational resource on mental health for children and young people designed for all adults. MindEd for Families provides online guidance from trusted sources to help understand and address early issues and provide optimal support for children. It also offers e-learning resources for professionals and volunteers.

Mindfulness in Schools Project training courses - www.mindfulnessinschools.org/courses

A charity dedicated to promoting, supporting, and researching the teaching of secular mindfulness in schools.

MindUP - www.mindup.org/u-k

An educational program for teachers and students focusing on positive psychology and mindfulness.

The Mix - www.themix.org.uk | Tel: 0808 808 4994

A prominent digital support service covering various issues affecting the well-being of young individuals, including mental health, finances, homelessness, employment, relationships, and substance abuse. The website offers online chat support and a crisis messenger.

myHappyMind - www.myhappymind.org

A curriculum designed to help schools cultivate resilient children who value themselves and others, develop positive relationships, and flourish. It supports schools in fostering a positive and growth-oriented school culture.

Support available

Place2Be - place2be.org.uk

Provides counselling support to young individuals in schools, assisting them in handling a variety of complex social issues such as bullying, bereavement, domestic violence, family breakdown, neglect, and trauma.

Reading Well Books on Prescription - www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health

A selection of mental health books for 13-18-year-olds, accessible in local libraries. Offers guidance on topics like anxiety, stress, OCD, and challenging situations such as bullying and exams.

Rethink Mental Illness - www.rethink.org

A national mental health charity that aids individuals affected by severe mental illness in achieving a better quality of life through services, information, and support.

Rise Above for Schools - www.campaignresources.phe.gov.uk/schools/topics/rise-above/overview

Provides educational resources for teaching PSHE curriculum topics to KS3 and KS4 students, including flexible lesson plans, slide decks, and video content covering various well-being issues like bullying, cyberbullying, alcohol, exam stress, and body image.

Royal College of Psychiatrists - www.rcpsych.ac.uk

Offers accessible and well-researched mental health information for parents, teachers, and young people.

Samaritans - www.samaritans.org

A confidential emotional support service available 24/7 for individuals in the UK and Ireland experiencing distress or despair, including feelings that may lead to suicide.

Student Minds - www.studentminds.org.uk

A charity collaborating with students, professionals, and academics to enhance student mental health through information and support.

Switchboard - www.switchboard.lgbt

Provides confidential support and information for the lesbian, gay, bi, and trans community.

Time to Change - www.time-to-change.org.uk

An anti-stigma campaign by mental health charities Mind and Rethink Mental Illness, offering resources for combating mental health stigma and discrimination.

Winston's Wish - www.winstonswish.org.uk

Offers specialist child bereavement support services across the UK, including therapeutic assistance in various settings.

Young Minds - www.youngminds.org.uk

A UK charity dedicated to enhancing the emotional well-being and mental health of children and young people, as well as supporting their parents and carers.