



Wellbeing for Young People



We all need a bit of help sometimes, but it can be difficult to know who to ask or how to get that help.

Our School Counsellor has put together some useful pointers where you can find information, tips and advice on looking after your mental health and wellbeing.

www.youngminds.org.uk

Young Minds are the UK's leading charity championing positive mental health. It covers topics such as:

- Bullying
- Abuse
- Anger
- Death and loss
- Eating problems
- Problems at school
- Self-harm
- Sleep problems
- Suicidal feelings

[www.Service six.co.uk](http://www.service-six.co.uk)

This is the leading community charity based in Northamptonshire. They offer counselling and free resources dealing with self-harm, sexuality, anger, bullying, and online danger.

www.mind.org.uk

Under the 'Children and Young People' section you will find booklets on the following:

- Bulimia
- Anorexia
- Anger
- Bereavement
- Psychosis

They also run free workshops for young people during the holidays.

www.childline.org.uk

Childline offers a free 24-hour helpline for young people. Their number is 08001111 and it's free to call.

www.nspcc.org.uk -this organisation specialises in child protection and keeping young people safe.

You can call them free of charge: For adults concerned about a child call: 0800 8005000
For Children and young people, call Childline: 08001111

The best free Mental Health Apps for Young People:

- **Toolkit** - provides support for young people who are victims of bullying and online abuse.
- **Anxiety United** - a free resource centre offering information and advice
- **Mood Tools** - a relaxation app
- **Calm Harm** - an app for young people who are self-harming, it offers distraction techniques and safe alternatives to self-injury
- **Calm.** - Relaxation techniques for beginners