

## Mental Health and 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 help. Here are some useful pointers where you can find information, tips and advice on looking after your mental health and wellbeing.

### [www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds are the U.K.s leading charity championing positive mental health. It covers topics such as,

Abuse  
Anger  
Death and loss  
Eating problems  
Self-harm  
Sleep problems  
Suicidal feelings

### [www.servicesix.co.uk](http://www.servicesix.co.uk)

This is an award-winning leading community charity based in Northamptonshire. They offer counselling and free resources and support to children, young people, adults and families and deal with amongst other issues, self-harm, sexuality, anger, bullying, and online danger.

### [www.mind.org.uk](http://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 local workshops for young people during the holidays.

### [www.childline.org.uk](http://www.childline.org.uk)

Childline offers a free 24-hour helpline for young people. Their number is 0800 1111 and it's free to call.

[NSPCC.org.uk](http://NSPCC.org.uk) -this is the UK's leading charity which specialises in child protection and keeping young people safe. You can call them free of charge on 08088 005000.

### [www.asknormen.co.uk](http://www.asknormen.co.uk)

This site deals with the emotional wellbeing of young people in Northamptonshire, providing awareness of local services, training and support materials.

## 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 on how to control anxiety.

**Mood Tools and Mindful Gnats** - relaxation and mindfulness apps.

**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.

**Mindshift** -helps young people deal with anxiety.

**MoodGYM**- interactive app to assist young people experiencing low mood.