

Signposting

From time to time situations arise that need support and guidance from other specific organisations. Below is a list of a few helpful websites that will offer online support.

- Young Minds – www.youngminds.org

Young Minds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people, and empowering their parents and carers.

- ChildLine – www.childline.org.uk

Childline is a counselling service for parents, children and young people. Help and advice is free and confidential.

- Anna Freud Centre – www.annafreud.org

A children's mental health charity providing specialist help.

- MindEd – www.minded.org.uk

MindEd is a free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support for your child.

- Anxiety UK – www.anxietyuk.org.uk

Helps all those suffering from anxiety. Section on young people and anxiety.

- OCD-UK – www.ocduk.org

Information and support relating to OCD in children and young people. Produces user friendly guides for children and parents.

- Self-Harm UK – www.selfharm.co.uk

A national project dedicated to supporting young people impacted by self-harm, providing a safe space to talk and to ask questions.

- Lifesigns – www.lifesigns.org

A guide for coping with self-harm and lots of helpful strategies and resources to minimise harm.

- Harmless – www.harmless.org.uk

Providing a wide range of services about self-harm including support, information and consultancy for people who self-harm, their families and friends.