

## Mental Health and Emotional Wellbeing – Websites and Services

### Happy? Ok? Sad?



Warrington emotional wellbeing signposting website with advice, guidance and links to support for young people and adults both locally and nationally.

<http://happyoksad.org.uk>

### CAMHS



Warrington CAMHS website offers advice and signposting if young people are struggling to cope with their feelings or you are concerned about risk.

<https://www.nwbh.nhs.uk/camhs-warrington>

To help explain what CAMHS support is, see the helpful guides for Young People from Mind and YoungMinds below:

- <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-camhs/>
- [https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/?gclid=EAIaIQobChMIypz55\\_LG6AIVhbHtCh3U3QJHEAAYASAAEgJAbfD\\_BwE](https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/?gclid=EAIaIQobChMIypz55_LG6AIVhbHtCh3U3QJHEAAYASAAEgJAbfD_BwE)

### Young Minds



Mental Health Advice and Signposting for Young People.

<https://youngminds.org.uk>

- Young Minds also have a crisis messenger service for young people to access 24/7:  
<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

### Kooth.com



Free online counselling support, peer support and advice forums for young people.

<https://www.kooth.com/>

### ChildLine



24 Hour advice and support line for Young People

<https://www.childline.org.uk/>

**NHS Mental Health Helplines:**



Visit this website for a comprehensive list of helplines highlighted by the NHS for emotional wellbeing and physical wellbeing needs.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

**Mind – U.K Mental Health Charity**



This website highlights support services in your local area alongside looking at specific mental health difficulties and tips to help. Below is a support section we have highlighted for Young People.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

**Beat – ‘Beat Eating Disorders Support’**



National Charity Website offering eating disorder support and advice

<https://www.beateatingdisorders.org.uk>

**PAPYRUS – Prevention of Young Suicide Charity**



PAPYRUS’ HOPELineUK is for young people (aged under 35) who are having thoughts of suicide and anyone who is worried about a young person who may be at risk of suicide.

<https://papyrus-uk.org/>

**Child Bereavement UK**



Support service for young people following the loss of a loved one.

<https://www.childbereavementuk.org/>

**The Mix**



The Mix provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.

You can: call **0808 808 4994** for free – lines are open from 11am to 11pm every day.

<https://www.themix.org.uk/?gclid=EAlaIQobChMIkcvrgYPM6AIVhrTtCh3R6AWFEAAYASAAEgKtbFD>

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### Shout – Advice Line



Shout provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can: text **SHOUT to 85258** in the UK to text with a trained Crisis Volunteer and text with someone who is trained and will provide active listening and collaborative problem-solving

<https://www.crisistextline.uk/>



**NHS 'Every Mind Matters' – Top Tips for managing anxiety at this challenging time**

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>



**CALM ZONE – 'A Little help to get you through these weird times...'**

<https://www.thecalmzone.net/2020/03/a-little-help-to-get-you-through-these-weird-times/>



**Mind – U.K Mental Health Charity – Top tips for your wellbeing**

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapsecf608>



**YoungMinds – What to do if you're anxious about Coronavirus?**

<https://youngminds.org.uk/blog/>



**Anna Freud Foundation – Self-Care tips for young people and families**

<https://www.annafreud.org/on-my-mind/self-care/>

**Change 4 Life**



Advice around recipes and activities to help keep families active and engaged during self-isolation.

<https://www.nhs.uk/change4life>