

John Spence Community High School  
Wellbeing drop in  
Websites for self help

Who	What they provide
<b>www.youngminds.org.uk</b>	<p>Young Minds is a UK-wide charity committed to improving the emotional well-being and mental health of children and young people. Young Minds also have a directory of conditions aimed at offering support and information for Young people, including helpful sections on exam stress, low mood, anxiety and panic, self - harm, sleep difficulties and low self - esteem.</p> <p>YoungMinds Textline offers you free, 24/7 text messaging support wherever you are in the UK. If you need someone to talk to about how you're feeling, text YM to 85258.</p> <p>Young Minds offers Parent/Carers a Guide with A – Z list of lots of common mental health difficulties, support for parents whose children may be experiencing difficulties with self - harm is also included in the 'parents guide to support self - harm' section.</p>
<b>www.getselfhelp.co.uk</b>	<p>This website provides CBT selfhelp and therapy resources for all ages, including worksheets and information sheets and self-help audio files.</p>
<b>www.childline.org.uk</b>	<p>An online resource for children who are worried about anything, including their mental health. You can call Childline on 0800 1111.</p>
<b>www.papyrus-uk.org</b>	<p>Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK. The help and advice resources section includes helpful guidance on coping strategies, distraction techniques, safety planning and aids to support your well - being.</p>
<b>www.mindful.org</b>	<p>Provides support, information and advice for young people aged 11 - 17. Also has an online chat room and an opportunity to subscribe to a magazine</p>

John Spence Community High School  
Wellbeing drop in  
Websites for self help

<p><b>www.annafreud.org</b></p> <p><b><a href="https://www.annafreud.org/parents-and-carers/">https://www.annafreud.org/parents-and-carers/</a></b></p>	<p>The young people section contains information, advice and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing. The free digital resources are designed for use by children and young people between the ages of 10 – 25</p> <p>Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing. The web - site also contains helpful 'child in mind' podcasts for parents and carers.</p>
<p><b>www.weheartcbt.com</b></p> <p><b>www.weheartcbt.com/for-parents</b></p>	<p>Free cognitive behavioural therapy (CBT) resources to support children and young people struggling with low mood/depression and/or anxiety</p>
<p><b>www.moodcafe.co.uk</b></p>	<p>Mood café have produced and collated information and resources relevant to various common psychological problems for children and young people, parent's and carers</p>
<p><b>www.nshn.co.uk/downloads.html</b></p>	<p>National self - harm network aims to Support and provide information for family and carers of individuals who self - harm. The downloads section provides advice for Friends, Family and Carers.</p>
<p><b>www.nhs.uk/every-mind-matters/</b></p>	<p>Every Mind Matters – An NHS support guide to all things mental health. There is support around self -care and also helpful advice regarding lockdown.</p>
<p><b><a href="https://giveusashout.org/">https://giveusashout.org/</a></b></p>	<p>Give us a shout has a support line to text which is SHOUT to 85258 It also can give support around mental health and some top tips to help support those struggling.</p>
<p><b>www.kooth.com/</b></p>	<p>Kooth is online counselling support.</p>

John Spence Community High School  
Wellbeing drop in  
Websites for self help

<a href="http://www.acornsproject.org.uk/">www.acornsproject.org.uk/</a>	Acorns is a free and confidential service for families that have been impacted by domestic abuse. They provide a range of therapeutic and support services to meet the needs of children, young people and their parents and carers. They currently work across North Tyneside and Northumberland.
<a href="http://www.anxiousminds.co.uk/">www.anxiousminds.co.uk/</a>	Anxious minds provides support for those struggling with mental health. They offer talking therapies.
<a href="http://www.streetwisenorth.org.uk/">www.streetwisenorth.org.uk/</a>	Streetwise offers a range of therapeutic interventions including a drop in service.
<a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a>	Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25. Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face