



Young person's signposting

Action for Happiness actionforhappiness.org

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Alumina <https://www.selfharm.co.uk/alumina>

Free online self-harm support programme for young people who are struggling with self-harming behaviour. Live sessions that connect young people with trained youth workers for 6 weeks.

Barnardo's barnardos.org.uk

A leading children's charity which provides services, research and guidance on a range of issues concerning children's well-being including child poverty, sexual exploitation, disability and domestic violence.

Calm thecalmzone.net/ | Tel: 0800 58 58 58

Run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.

ChildLine childline.org.uk | Tel: 0800 1111

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

Hub of Hope hubofhope.co.uk

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.



Kooth kooth.com

Free support services for young people delivered by qualified counsellors via online chat.

MindEd minded.org.uk

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 your child. Also includes e-learning resources for professionals and volunteers.

YoungMinds youngminds.org.uk | Tel: 0808 802 5544

A UK charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.