

## Support and advice for Young People - Quick Guide

**Anna Freud Centre** – On My Mind - aims to empower young people to make informed choices about their mental health <https://www.annafreud.org/on-my-mind/>

**BBC website – OWN IT - to support C&YP online**  
<https://www.bbc.com/ownit/about-us/what-is-own-it>

**CAMHS** - Child and Adolescent Mental Health Services  
<http://www.nhs.uk/Services/>  
<http://www.camhsready.org/#/home> - getting ready for your appointment

**Epic Friends** - this site is all about CYP helping friends who might be struggling to cope emotionally  
<https://epicfriends.co.uk/>

**Give Us A Shout** - Crisis Text Line <https://www.giveusashout.org/>

**Headscape** has been designed for young people, by other young people in Greenwich and Bexley, to give them a trusted website to use for information, to check how they feel and even take a test to find out if they need help with their emotions. It is a 'one stop' source of self-help about a range of mental health issues and conditions for young people to browse at leisure.

<http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/headscape/>

**Kooth – online support** <https://www.kooth.com/>

**Mind Ed** is a free educational resource on children and young people's mental health for all adults.  
<https://www.minded.org.uk/>

**Mindkit** - Resilience, Mindful Living and Wellbeing advice and support for 14-25 year olds delivered by MIND <http://mindkit.org.uk/>

**NHS apps for Mental Health** <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx>

**NHS audio guides** <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx>

**NHS Go** Health information and advice for young people in London <http://www.nhsgo.uk/>

**NHS tools for CYP** <http://www.nhs.uk/Tools/Pages/young-people-and-mental-health-videowall.aspx>

**No Panic Youth Hub – help with anxiety** <https://www.nopanic.org.uk/no-panic-youth-hub/>

**The Mix** – Get Connected - support for under 25s <http://www.themix.org.uk/mental-health>

**Young Minds Crisis Messenger - 24 hour text messaging support line**  
<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>