

MENTAL HEALTH SUPPORT RESOURCES FOR YOUNG PEOPLE

WELLBEING
FIRST AID

— MENTAL HEALTH TRAINING —

A quick reference sheet for teachers, youth workers, parents & carers supporting teenagers created by Wellbeing First Aid, delivering practical mental health and PSHE wellbeing sessions for schools, colleges and youth organisations.

1 Urgent help now



- 999** — if there is an immediate risk to life or someone is seriously injured
- NHS 111** — select the mental health option
- Shout** — text SHOUT to 85258
- PAPYRUS HOPELINE247** — 0300 102 2470
- Childline** — 0800 1111

If someone is at immediate risk of harm, call 999.

2 Good starting points



- [Young Minds](#)
- [Kooth](#)
- [The Mix](#)
- [Hub of Hope](#)
- [Youth Access](#)

3 Anxiety, panic and overwhelm



- [Anxiety UK](#)
- [Box Breathing Video](#)
- [Grounding Technique](#)
- [Clear Fear App](#)

4 Stress, exams and pressure



- [Stress Bucket Video](#)
- [Box Breathing Poster](#)
- [Anna Freud](#)
- [Charlie Waller Trust](#)

5 Self-harm and suicide prevention



- [Calm Harm App](#)
- [Harmless](#)
- [Battle Scars](#)
- [DistrACT App](#)
- Parents helpline for self-harm — 0808 802 5544

6 Eating disorders and grief



Eating disorders:

- [BEAT Eating Disorders](#)
- [E-Learning Courses](#)
- [Guide for Parents](#)

Grief:

- [Child Bereavement UK](#)
- [Hope Again](#)
- [Talk Grief](#)

7 Identity and belonging



- [Mermaids](#)
- [The Proud Trust](#)
- [Stonewall](#)
- [Switchboard LGBT](#)
- [Bayo](#)
- [Muslim Youth](#)
- [Spark Liverpool](#)

8 Bullying, trauma and difficult experiences



- [Kidscape](#)
- [NSPCC](#)
- [Victim Support](#)
- [UK Trauma Council](#)
- [Voice Collective](#)
- [OCD Youth](#)

9 Resources for adults supporting young people



- [Anna Freud](#)
- [Place2Be](#)
- [Charlie Waller Trust](#)
- [Combined Minds](#)
- [NHS](#)
- [On My Mind](#)
- [Reading Well](#)

10 Young carers and care-experienced young people

- [Barnardos](#)
- [Carers Trust](#)
- [Young Carers](#)
- [Become Charity](#)



DOWNLOAD MORE FREE RESOURCES AT:
[WELLBEINGFIRSTAID.CO.UK](https://www.wellbeingfirstaid.co.uk)



This quick sheet is for
information and signposting.

