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 someone's life is at risk or they are seriously injured.
- **A&E** — Go to your local emergency department.
- **NHS 111** — England: call 111 and select the mental health option.
- **Childline** — Free support for under-19s: 0800 1111.
- **Shout** — Text SHOUT to 85258 (free, 24/7).
- **Samaritans** — Free emotional support, any age Call 116 123 (free, day or night)

If someone is in immediate danger, 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

This quick sheet is for information and signposting.