

# 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](http://WELLBEINGFIRSTAID.CO.UK)

This quick sheet is for information and signposting.

