

## Signposting List - Information for Young People

- **Every Mind Matters** (Part of the One You website) – Support and advice on managing and maintaining your mental health.

<https://www.nhs.uk/oneyou/>



- **Childline** - helps anyone under the age 19 in the UK with any issue they're going through. It is free, confidential and available any time, day or night. Phone: 0800 1111

<https://www.childline.org.uk/info-advice/your-feelings/>



- **Bullying UK** – Advice and support for dealing with bullying.

<https://www.bullying.co.uk/>



- **Youth Beyond Blue** - Information, resources and support for young people dealing with depression and/or anxiety. Aims to empower young people aged 12–25, their friends and those who care for them to respond to anxiety and depression.

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)



- **Kooth.com** - Online confidential emotional well-being platform for children and young people, aged 10-19 years old, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.kooth.com/>



- **Mood Juice** - Offer information and advice. From the site you can print off different self-help guides.

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)



- **No Panic** - This site provides information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD).

[www.nopanic.org.uk](http://www.nopanic.org.uk)



- **Time to Change** - Mental Health help and support services.

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>



- **Young Minds** - Information on child and adolescent mental health.

[www.youngminds.org.uk](http://www.youngminds.org.uk)



- **Reading Well**, Books on Prescription. Reading Well promotes the benefits of reading for health and wellbeing.  
<http://reading-well.org.uk/>

**READING  
WELL**

- **MoodGym** - Moodgym is an interactive self-help program that provides cognitive behaviour therapy (CBT) training to help users prevent and cope with low mood and anxiety.  
<http://ww1.moodgym.com/>

Moodgym.com

- **Get Self Help** – Provides lots of Cognitive Behavioural Therapy based self-help and therapy resources.  
<https://www.getselfhelp.co.uk/>



- **Mood Panda** - Half mood tracker, half social network. It allows children and young people to choose whether to keep their mood private or share it publicly for support from other users. <https://moodpanda.com/>

