









## Websites





Website	Content	Contacts
<p><b>NHS</b></p> 	<p>A good starting point for mental health research and understanding, lots of websites linked for both adults and young people.</p>	<p><a href="https://www.nhs.uk/mental-health/">https://www.nhs.uk/mental-health/</a></p>
<p><b>Rise Above</b></p> 	<p>This website covers topics such as body image, friends, love life, dealing with confidence and anxiety and self-care. There is a wide variety of topics covered from real young people and their experiences.</p>	<p><a href="https://riseabove.org.uk/">https://riseabove.org.uk/</a></p>
<p><b>Every Mind Matters</b></p> 	<p>Part of the NHS website and covers general mental health support and strategies for children and young people</p>	<p><a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a></p>
<p><b>The Mix</b></p> 	<p>UK's leading support service for young people under 25. They help take on any challenge – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Including services such as counselling, one to one chats, crisis messenger, emails, phone line and blog posts. Their services are accessible online, via text or through their free, confidential helpline.</p>	<p><a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a></p> <p>Helpline - 0808 808 4994</p> <p>Crisis Messenger, Text - THEMIX to 85258</p>
<p><b>Anna Freud – on my mind</b></p> 	<p>On my mind empowers young people to make informed choices about their mental health and wellbeing. You can find a local directory of services, self-care help, a crisis messenger, support on managing social media, how to support a friend or family member with mental health difficulties and much more.</p>	<p><a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a></p>

<p><b>Mental Health Foundation –</b></p> 	<p>This is a range of guides about different topics on how to manage different scenarios.</p>	<p><a href="https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health">https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health</a></p>
<p><b>Shout 85258</b></p> 	<p>A free texting service available 24/7 as well as blog posts on different topics.</p>	<p><a href="https://giveusashout.org/">https://giveusashout.org/</a></p>
<p><b>CALM (Campaign Against Living Miserably)</b></p> 	<p>A nationwide charity dedicated to assisting men who're down or who have 'hit a wall'. Webchat is available via their website. Helpline open 5pm to midnight, Monday to Sunday.</p>	<p>(contact no. 0800 585858)</p>
<p>Childline</p> 	<p>A counselling service for children and young people up to their 19th birthday provided by the NSPCC. You can contact Childline about anything, from exam stress to problems at home; in addition to their helpline, they also offer support via webchat and e-mail (see website for full details).</p>	<p>(contact no. 0800 1111)</p>
<p>Papyrus</p> 	<p>Papyrus are an organisation dedicated to helping young people who feel life is not worth living or are worried about thoughts of suicide. Their Hopeline offers non-judgemental support up to the age of 35.</p>	<p><a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a></p> <p>Phone - 0800 0684141 Text - 07786 209697, Email - pat@papyrus-uk.org</p>
<p>Saneline</p> 	<p>Saneline give help, information and emotional support for those affected by mental health illness. Open from 4.30pm to 10.30pm daily.</p>	<p><a href="http://www.sane.org.uk/what_we_do/support/helpline">http://www.sane.org.uk/what_we_do/support/helpline</a> Phone - 0300 304 7000</p>
<p><b>Child Exploitation and Online Protection Command (CEOP)</b></p>	<p>CEOP is a law enforcement agency intended to keep children and young people safe from sexual abuse and grooming</p>	<p><a href="https://www.ceop.police.uk/Safety-Centre/">https://www.ceop.police.uk/Safety-Centre/</a></p>

	<p>online. Young people/concerned adults can make a report directly to them if something has happened online which has made a young person feel unsafe, scared or worried.</p>	
<p><b>FRANK</b> <b>FRANK</b></p>	<p>FRANK provides help, advice and information on substance abuse and addiction issues, including details on specific drugs, risks related to their use and how to access local drug and alcohol services if required.</p>	<p><a href="#">Honest information about drugs   FRANK (talktofrank.com)</a></p> <p>Call - 0300 1236600 Text – 82111 Email contact available through website</p>
<p><b>Mind</b></p> 	<p>Mind are the UK's leading mental health charity, and provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding; their website has a range of useful resources and practical advice.</p> <p>Mind also have regional branches which offer counselling, peer support and various other services for young people; details on the York branch can be found <a href="#">here</a>, and the East Riding branch <a href="#">here</a>.</p>	<p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p>
<p>Young Minds</p> 	<p>is a mental health charity which exists so that young people have the strongest possible voice in improving their mental health. Their website provides information on feels and symptoms, medications and other mental health issues for young people and parents; they also offer direct support through their Crisis Messenger service – just text YM to 85258.</p>	<p><a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></p>

<p>Recovery College Online</p> 	<p>is a free online mental health resource designed by Tees, Esk and Wear Valleys NHS Foundation Trust. The Recovery College provides a range of online educational courses to people with experience of mental illness, from service users to their family to friends and staff.</p>	<p><a href="https://www.recoverycollegeonline.co.uk/">https://www.recoverycollegeonline.co.uk/</a></p>
<p>Stay Alive</p> 	<p>is a suicide prevention resource for the UK provided by the Grassroots suicide prevention charity. They have an app that is available to download that has quick access to helplines and local crisis services.</p>	<p><a href="https://www.prevent-suicide.org.uk/find-help-now/">https://www.prevent-suicide.org.uk/find-help-now/</a></p> <p>There is a Stay Alive app to download.</p>


### 24 Hour Crisis Support

<p>Shout</p> 	<p>Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support. Anyone who contacts the service will be put in touch with a trained Crisis Volunteer who will chat to them using trained techniques via text.</p>	<p><a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a></p> <p>Text - 'SHOUT' to 85258)</p>
<p>The Samaritans</p> 	<p>Samaritans offer 24-hour, confidential emotional support service for anyone in distress or experiencing suicidal thoughts and feelings.</p>	<p>Call - 116 123 Email – <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p>Letter writing service and self help app.</p>
<p>TEWV CAMHS Crisis Line</p>  <p>Tees, Esk and Wear Valleys NHS Foundation Trust</p>	<p>Open 24 hours for young people up to 18 who are experiencing mental health crisis.</p>	<p>Phone - 0800 0516 171</p>
<p>Young Minds Crisis Messenger</p> 	<p>A 24 hour messaging service for young people who are in a mental health crisis. Answered by trained</p>	<p>Text - YM to 85258</p>





	volunteers and support from clinical supervisors.	
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### Eating disorders


Website	Content	Contact
<p>Anorexia and Bulimia Care (ABC)</p> 	<p>A national UK eating disorder organisation with over 30 years of experience. ABC provide on-going care, emotional support and practical guidance for anyone affected by eating disorders – those struggling personally as well as parents, families and friends.</p>	<p>Website - <a href="https://www.anorexiabulimiacare.org.uk/">https://www.anorexiabulimiacare.org.uk/</a></p> <p>Book appointments online - <a href="https://www.picktime.com/ABCsupport">https://www.picktime.com/ABCsupport</a></p> <p>Individual and Family/Friends support line - 03000 11 12 13</p>
<p>BEAT</p> 	<p>BEAT are the UK's principle eating disorder charity, working to end the pain and suffering caused by eating disorders. They offer a range of support anyone affected, ranging from advice about treatment or managing difficult emotions to online support groups.</p>	<p>Website - <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p> <p>Phone Helpline - 0808 801 0677 (12pm to 8pm on weekdays and 4pm to 8pm on weekends).</p> <p>Student Helpline - 0808 801 0811</p> <p>Up to age 18 Helpline - 0808 801 0711</p>
<p>Mind Information &amp; Support – Eating Problems</p> 	<p>This section of Mind explains eating problems, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.</p>	<p>Website - <a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/types-of-eating-disorders/">https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/types-of-eating-disorders/</a></p>
<p>SEED</p>	<p>A support network in the East Riding of Yorkshire formed by a group of ordinary people with first-hand experience of eating</p>	<p>Website - <a href="https://seed.charity/">https://seed.charity/</a></p>

 <p>Seed EATING DISORDER SUPPORT SERVICE</p>	<p>disorders. They offer a range of workshops, support groups and resources designed to promote and sustain recovery, including two online courses focussing on practical ways to address depression or anxiety and use mindfulness techniques to help manage disordered eating patterns.</p>	
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## **SLEEP**

Website	Content	Contact
<p>Every mind matters, Sleep</p> 	<p>A range of tips and videos to help you sleep better.</p>	<p><a href="https://www.nhs.uk/one-you/every-mind-matters/sleep/">https://www.nhs.uk/one-you/every-mind-matters/sleep/</a></p>
<p>Mental Health Foundation, How to sleep better</p> 	<p>A free publication that you can download to have lots of sleeping tips in it.</p>	<p><a href="https://www.mentalhealth.org.uk/publications/how-to-sleep-better">https://www.mentalhealth.org.uk/publications/how-to-sleep-better</a></p>
<p>The Sleep Charity</p> 	<p>Access to high quality sleep resources</p>	<p><a href="https://thesleepcharity.org.uk/">https://thesleepcharity.org.uk/</a></p>
<p>Teen sleep Hub</p> 	<p>A website provided by The Sleep Charity and there is a downloadable ebook with resources, tips and videos in it.</p>	<p><a href="https://teensleephub.org.uk/">https://teensleephub.org.uk/</a></p>

## **LGBTQ Websites**

<b><u>Website</u></b>	<b><u>Content</u></b>	<b><u>Contact</u></b>
<p>Galop</p> 	<p>A focussed anti-violence charity, providing support to any LGBT individual who has experienced hate crime, sexual violence or domestic abuse. Their website has information on a range of relevant topics</p>	<p>Website - <a href="https://galop.org.uk/">https://galop.org.uk/</a></p> <p>Advice Line - 0800 999 5428</p> <p>Email Support - <a href="mailto:help@galop.org.uk">help@galop.org.uk</a>.</p>

	and legal issues. Galop also has a trans advocacy service which offers dedicated input around discrimination, harassment and similar issues.	
<p>Mind Out</p> 	A mental health service run by and for lesbians, gay, bisexual, transgender and queer people. They work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern, and offer a range of advice, information and support via their website.	<p>Website - <a href="https://mindout.org.uk/">https://mindout.org.uk/</a></p> <p>Online evening support from 5.30pm to 7.30pm – via <a href="https://mindout.org.uk/">https://mindout.org.uk/</a></p>
<p>MindLine Trans+</p> 	A confidential emotional and mental health support helpline for people who identify as transgender, a-gender, gender fluid and non-binary; they also offer support to family members and friends and provide signposting to other services and resources. The service is run by Bristol Mind but available nationwide.	<p>Website - <a href="https://mindlinetrans.org.uk/">https://mindlinetrans.org.uk/</a></p> <p>Monday and Friday Evening 8pm to 12am call service - 0300 330 5468</p>
<p>Stonewall</p> 	Stonewall is a charity which advocates for the rights of the LGBT community, campaigns against discrimination in all walks of life and generally works to promote inclusion and acceptance as well as providing various resources, studies and statistics on their website.	<p>Website - <a href="https://www.stonewall.org.uk/">https://www.stonewall.org.uk/</a></p> <p>Information Line 9.30am to 4.30pm Monday to Friday - 0800 0502020</p>

<p>Switchboard</p> 	<p>An LGBT+ helpline which provides a one-stop listening service and safe space for anyone to discuss anything including sexuality, gender identity, sexual health and emotional wellbeing.</p>	<p>Website - <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a></p> <p>Phone 10am-10pm - 0300 330 0630</p> <p>Chat online - <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a></p> <p>Email – <a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a></p>
<p>Yorkshire MESMAC</p> 	<p>One of the oldest and largest sexual health organisations in the country. They offer counselling, advice and outreach services to various communities across Yorkshire, including LGBT+ young people and adults via regular youth groups and 1-2-1 support.</p>	<p>Website - <a href="https://www.mesmac.co.uk/">https://www.mesmac.co.uk/</a></p>


### **SELF CARE**

Anna Freud Self Care - <https://www.annafreud.org/on-my-mind/self-care/>

De- Stress Monday - <https://www.mondaycampaigns.org/destress-monday/resources>

A fun website with resources to start your week well.

### **PHYSICAL HEALTH**

<p>Join the movement, Sport England –</p> 	<p>How you can get active at home, away from home, fitness challenges.</p>	<p><a href="https://www.sportengland.org/join-themovement?section=join-the-movement&amp;gclid=EAlaIQobChMIzrOvubvu7wIV0WDmCh2MZQv2EAAYASAAEgLvUfD_BwE&amp;gclsrc=aw.ds">https://www.sportengland.org/join-themovement?section=join-the-movement&amp;gclid=EAlaIQobChMIzrOvubvu7wIV0WDmCh2MZQv2EAAYASAAEgLvUfD_BwE&amp;gclsrc=aw.ds</a></p>
<p>NHS, Get active your way</p>		<p><a href="https://www.nhs.uk/live-well/exercise/get-active-your-way/#:~:text=You're%20more%20likely%20to%20keep%20active%20if%20you%20have,or%20before%20you%20have%20dinner.">https://www.nhs.uk/live-well/exercise/get-active-your-way/#:~:text=You're%20more%20likely%20to%20keep%20active%20if%20you%20have,or%20before%20you%20have%20dinner.</a></p>
<p>World Walking</p>	<p>Choose a walking route and get</p>	





World Walking

walking, options to walk around the coast of Britain, Hadrian's wall or even walk to New York!

- <https://worldwalking.org/>

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