Charlotte Lowe
Psychological Services





MENTAL HEALTH DIRECTORY

SUPPORT AVAILABLE FOR CHILDREN AND YOUNG PEOPLE

07734 650 859

www.charlottelowepsychologicalservices.co.uk



The websites listed in this booklet provide information on a range of issues related to children and young people's mental health. Details of national helplines, available apps and tools for children and young people are also outlined in the table below. The more information a young person can obtain about how to maintain positive mental health and well-being, as well as what to do when they are struggling, the better.

Source of Support - National Helplines

Name	Brief Description	Contact Details
Childline	A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone.	www.childline.org.uk 08001111
NSPCC	A UK leading charity which helps to prevent childhood abuse. They offer support over the phone.	0808 8025544
The Samaritans	A confidential helpline which offers support and advice to those in emotional distress.	116 123
Young Minds Parentline	Offers information and advice to anyone worried about a child or young person under the age of 25.	0808 802 5544

Source of Support - Mental Health Websites

Name	Brief Description	Contact Details
Addaction	Provides information about drug and alcohol problems.	www.addaction.org.uk
Anna Freud National Centre for Children and Families	This is a children's charity dedicated to providing training and support for child mental health services.	www.annafreud.org
Anxiety UK	Live chat and email support for CYP experiencing anxiety.	www.anxietyuk.org.uk
Beat Charity	A nation-wide charity whichmdedicated to providing helplines, online support and self-help groups on all types of eating disorders.	www.b-eat.co.uk
Beat Bullying	Support around all aspects of bullying, including online bullying and its effects on a young person's mental health.	www.beatbullying.org
Big White Wall	Online counselling service for CYP aged 16+.	www.bigwhitewall.com
Bipolar UK	Information on bipolar disorder, eCommunity support groups and they have a specific young people's project.	www.bipolaruk.org.uk
Charlie Waller Memorial Trust	A website which offers useful information to children and young people on how to recognise	www.b-eat.co.uk

Source of Support - Mental Health Websites

Name	Brief Description	Contact Details
Coap	Support (including online counselling) for CYP affected by a parental addiction.	www.coap.org.uk
Depression Alliance	A wide range of information on depression for children, young people and parents.	www.depressionalliance.org.uk
Doc Ready	Prepares CYP for their first visit to their GP about mental health.	www.docready.org
Get Connected	Support and signposting for young people under the age of 25. Telephone, email, text and webchat support.	www.getconnected.org.uk
Kooth	Online counselling and support for CYP.	www.kooth.com
Life Signs	Information and support around self-harm in CYP.	www.lifesigns.org.uk
Head Meds	Information for young people around medication, mental health and life.	www.headmeds.org.uk
Madly in Love	Mental health and relationships, including real stories and advice.	www.madlyinlove.org.uk

Source of Support - Mental Health Websites

Name	Brief Description	Contact Details
Mind	A national mental health charity providing lots of information and advice around mental health.	www.mind.org.uk
MindEd	A free educational resource on children and young people's mental health for all adults. There is information for professionals as well as parents or carers.	www.minded.org.uk
Mindfull	An online based service for young people aged 11-17 providing support, information and advice. They have an online chat room.	www.mindfull.org
My CAMHS Choice	Information and support for CYP around depression.	www.mycamhschoices.org
Nacoa	Information and support for CYP who are affected by a parent's alcohol use.	www.nacoa.org.uk
National Self-Harm Network	Provides a range of information and factsheets about dealing with self-harm.	www.nshn.co.uk
Night Line	A listening service for students, provided by trained students	www.nightline.ac.uk
OCD UK	Information and support around OCD, including online support forums.	www.ocduk.org

Source of Support - Mental Health Websites

Name	Brief Description	Contact Details
Papyrus	A charity working to prevent young suicide, with a helpline available.	www.papyrus-uk.org
Recover Your Life	Information and support around self-harm.	www.recoveryourlife.com
Rethink Mental Illness	Rethink Mental Illness provides sources of information, support and advice.	www.rethink.org/youngpeople
Sane	Lots of information on mental health, as well as telephone, email and text support. There is an online forum, but you have to be aged over 18 to use it.	www.sane.org.uk
Self-Harm	Information for professionals and young people around self-harming behaviour.	www.selfharm.co.uk
Students Minds	UK student mental health charity which campaigns and offers peer support groups in universities across the country.	www.studentminds.org.uk
Students Against Depression	Information, advice and real-life stories specifically for students struggling with depression.	www.studentsagainstdepression.org
The Mix	Free information and support for under 25s in the UK. Get advice about mental health issues, sex, relationships, drugs, money and jobs.	www.themix.org.uk

Source of Support - Mental Health Websites

Name	Brief Description	Contact Details
Time to Change	Real life stories and information about people's experiences with mental health.	www.time-to-change.org.uk
Voice Collective	Resources for young people who hear, see and sense things that others don't. Support for parents is also offered.	www.voicecollective.co.uk
Young Minds	Young Minds is a UK-wide charity committed to improving the emotional well-being and mental health of children and young people.	www.youngminds.org.uk
The Youth Wellbeing Directory	A free online resource for young people up to the age of 24 which outlines local mental health services in their area.	www.youthwellbeing.co.uk

Apps/Tools for Children and Young People

Apps/Tools Name	Brief Description
Healthy Minds	Problem-solving tool aimed at students.
InHand	An app to help young people through the ups and downs of life; it suggests activities to help based on how you rank your mood.
Mindfulness App for Children	This is a mindfulness app which has been designed specifically for children and has received lots of good reviews.
Mindshift	Specifically for young people to help them manage their anxiety. There are lots of tools, techniques and advice.
Mini-Me	Online mood-tracking tool that responds to how you are feeling, congratulates you when you feel good, shows pictures and videos etc. that you like when you feel a bit off, and contacts a trusted person that you have selected on your behalf in you are feeling really bad.
Mood Panda	Half moodtracker, half social network. It allows CYP to choose whether to keep their mood private or share it publicly for support from other Mood Panda users.
Mood Scope	A mood tracking tool; the basic features are free but you have to pay for more in-depth features.
Moodometer	An app as well as an online resource which helps children and young people monitor and understand their emotional wellbeing.

Apps/Tools for Children and Young People

Apps/Tools Name	Brief Description
Personal Zen	Games that have been clinically proven to reduce stress.
Recovery Record	Self-help tool for CYP suffering from eating disorders.
SAM (Self-Help for Anxiety Management)	Help with anxiety management which includes interactive games and tools, and an anxiety tracker.
Stop, Breathe and Think	Guide to meditation which recommends certain meditations based on how you're feeling.

As services change so frequently this document will be updated on an annual basis.

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I offer a wide range of mental health support to individuals and organisations, including individual and group Cognitive Behavioural Therapy (CBT), Mindfulness and Compassionate Based Approaches, Couples Therapy, Educational Support for schools and Mental Health Awareness Training for professionals.

Contact me for a free consultation to discuss how I can help you and the mental health support you require.

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