

## Mental Health



**Young Minds** charity wants to see a world where no young person feels alone with their mental health, and gets the mental health support they need, when they need it, no matter what. Whether a *young person* needs a reassuring conversation, specialist mental health support, or simply the knowledge that they are not alone in how they are feeling, *the charity's mission* is to make sure that all young people get support that meets them where they're at as quickly as possible.

Help/advice available via telephone, email or webchat.

**0808 802 5544**

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

<https://youngminds.org.uk/>



**Mind** - provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. Mind won't give up until everyone experiencing a mental health problem gets support and respect.

<https://www.mind.org.uk/need-urgent-help/using-this-tool>

**MIND**