

Self-help Services & Material for Young People



www.themix.org.uk/
FOR AGES: 0-25
WHAT IS OFFERED:

- 1-2-1 Texting chat - 7 days a week, 3pm-12am
- Telephone Counselling Service (up to 8 sessions that last around 50 minutes each) – Times agreed with Counsellors
- Helpline (0808 808 4994) – Everyday 4pm-11pm
- Group Chat - Sunday to Thursday at 8pm-9.30pm
- Crisis messenger- 24 hours a day, 7 days a week by texting THEMIX to 85258



www.mosaictrust.org.uk/
FOR AGES: 0-18
WHAT IS OFFERED:

- Youth Club for LGBT+ young persons to make friends, access support, take part in fun activities and workshops, and be themselves - Wednesday 6.30pm- 9pm and Sunday 12pm- 3pm
- Mentoring and advice (conversation about coming out, family issues, relationships, careers, others' identities, and more)- Times agreed with mentors



www.kooth.com/
FOR AGES: 11-25
WHAT IS OFFERED:

- Online Mental Wellbeing Community Support (e.g. magazines, forums, discussion boards) - Anytime
- Counselling through texting for Mental Health Support (6- 8 sessions that last about 1 hour each) – Monday to Friday 12pm-10pm and Weekends 6pm-10pm



www.childline.org.uk/
FOR AGES: 0-19
WHAT IS OFFERED:

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

- Telephone support and advice service (Free call 0800 1111) – Every day, 7:30am- 3:30am
- 1-2-1 Chat with a Counsellor - Every day, 7:30am- 3:30am
- Peer support community through message boards – Anytime



www.meetwo.co.uk
FOR AGES: 11-25
WHAT IS OFFERED:

©MentalHelp

- Online Peer Mental Health Support through app - Anytime
- Online Counselling – Times agreed with Counsellors



youngminds.org.uk/
FOR AGES: 0-25
WHAT IS OFFERED:

fighting for young people's mental health

- Young Minds Crisis Messenger text service for mental health support (Free text YM to 85258)- Anytime
- Website with mental health topics and self-help material- Anytime



www.catch-22.org.uk/services/the-hive/
FOR AGES: 16-24
WHAT IS OFFERED:

- 1-2-1 Mentoring work with a focus on emotional, mental & physical health, education, employment and practical skills- Mondays, Tuesdays, Thursdays and Fridays 10am-6pm
- Online Social Hub - Providing a safe online space to meet new people, socialise and feel free to be yourself. Monday and Friday 3pm - 5pm



www.annafreud.org/on-my-mind/self-care/
FOR ALL YOUNG PEOPLE
WHAT IS OFFERED:

- Website with Self-care information for young people

Self-help Services & Material for Young People



www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/u-can-cope!-how-to-cope-when-life-is-difficult-for-young-people

FOR ALL YOUNG PEOPLE

WHAT IS OFFERED:

- How to cope when life is difficult Self-help material for young people



www.getselfhelp.co.uk

FOR ALL YOUNG PEOPLE

WHAT IS OFFERED:

- Get Self Help website: A website providing CBT self help and therapy resources, including worksheets, information sheets and self-help mp3s



www.headspace.com

FOR ALL YOUNG PEOPLE

WHAT IS OFFERED:

- Headspace website/app: helpful tips and videos around things such as How to stop worrying, How to relieve stress, How to sleep better
- Headspace on YouTube: videos about all sorts of topics including: How do we deal with change? How do we live without regret and guilt? How to cope with panic in a crisis?
www.youtube.com/c/headspace/featured