

MENTAL HEALTH RESOURCES FOR YOUNG PEOPLE

Here are some of the top, easy to access resources providing counselling and more for young people needing help:



[Home - Kooth](#) – An award winning free, confidential online counselling service for young people



[Young Devon | Changing the odds in favour of young people](#) – Devon based website signposting to resources including local support groups and a face to face counselling service



[Children and Young People's Wellbeing Service - YMCA Exeter](#) – free psychological wellbeing service is for 5-18 year olds, offers support and intervention for low-mood, anxiety and behavioural difficulties



[Home - Parental Minds](#) – emotional support for parents and caregivers, and young people



[HappyMaps | Support for Your Child's Mental Health](#) – collection of the best mental health resources for families and young people



[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#) – mental health support for parents and young people



[Help With Bullying \(kidscape.org.uk\)](#) – help with bullying – for parents /carers and young people

ONLINE HELP/APPS



<https://smilingmind.com.au/about/> - A free app guided mindfulness program to help deal with anxiety and low mood to help with anxiety, depression and general wellbeing.



<https://www.anxietybc.com/resources/mindshift-app> - App designed to help young people manage anxiety.



[Getselfhelp.co.uk](https://getselfhelp.co.uk)

[Get.gg - Getselfhelp.co.uk](https://getselfhelp.co.uk)
- Online self-help cognitive behavioural therapy programmes to download to help manage anxiety and depression.



[Honest information about drugs | FRANK \(talktofrank.com\)](https://talktofrank.com) - Friendly, confidential drugs advice and information



[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](https://familylives.org.uk) - targeted early intervention and crisis support for families



[Early Help - Devon Children and Families Partnership \(dcfp.org.uk\)](https://dcfp.org.uk) - explanation of the Early Help offer to families

[How to sleep better | Mental Health Foundation](https://www.mentalhealthfoundation.org.uk)



Mental Health Foundation

Good mental health for all



[Tourette syndrome information pack | Great Ormond Street Hospital \(gosh.nhs.uk\)](https://www.gosh.nhs.uk)