

Useful websites for young people suffering from mental health challenges

Local Support	
courses and workshops to help improve mental health and wellbeing	www.recoveryandwellbeing.covwarkpt.nhs.uk
offers coaching and support for young people, teachers and leaders so they can perform at their best	www.headsupnow.uk
offers trained and supervised mentors in schools	www.lifespace.org.uk
different services for many health issues, including mental health, gives advice in emergency	www.covwarkpt.nhs.uk/
questionnaire to rate a young person's difficulties and find self-care information	www.dimensions.covwarkpt.nhs.uk
help and support around loss, relationships, finances, sadness, injury, pain or ill health	www.ittakesballstotalk.com
for everyone – find support for young children and young people	www.cwrise.com/home
mental health and wellbeing services in Warwickshire	www.warwickshire.gov.uk/mentalhealth
a team of trained and experienced support workers 24/7	www.mhm.org.uk/coventry-warwickshire-helpline
talk to someone in person, walk in service and drop-in sessions	www.cwmind.org.uk/wbw
for people who are feeling stressed, anxious, depressed, including psychological therapies	www.covwarkpt.nhs.uk/iapt
Suicide or Bereavement	
support for anyone affected by suicide or experiencing mental health challenges	www.sossilenceofsuicide.org
advice and information when someone dies	www.cruse.org.uk
providing emotional support to anyone suffering emotional distress, struggling to cope or at risk of suicide	www.samaritans.org
face to face support, freephone helpline, online chat, support bereaved children	www.winsonswish.org

Addictions	
high quality essential rehab and family support	www.actionaddiction.org.uk
narcotics anonymous	www.ucna.org

help for children with substance misuse	www.compass-uk.org
call, text, email - support around addictions	www.talktofrank.com/contact-frank
conversation, help to families, help from resources	www.adfam.org.uk
helpline for people with a drinking problem, meetings available	www.alcoholics-anonymous.org.uk
offers services, provides support, responds to needs of user	www.thelauracentre.org.uk/
Self Harm	
support programme, article on loneliness and what to do	www.selfharm.co.uk
support groups	www.selfinjurysupport.org.uk -
Eating Disorders	
learn how to support someone with an eating disorder	www.b-eat.co.uk
eating disorder support	www.covwarkpt.nhs.uk/service-detail/health-service/eating-disorder-service-adults-79
National Support	
tips for children guiding them around what to do in different circumstances	www.childline.org.uk
completely anonymous online community available 24/7 and free to use	www.bigwhitewall.com
the advice and counselling network	www.youthaccess.org.uk
gives support to people and useful information on what to do if you have an issue	www.youthwellbeing.co.uk
tells you about all the places you can go to get support, plus useful information and courses	www.cwmind.org.uk/get-help
chat to friendly counsellors, read articles written by young people and get support from the community	www.kooth.com
video advice on how to handle different situations, discussion boards	www.themix.org.uk/
help with mental health through articles	www.mqmentalhealth.org
community services, social work, youth work	www.camheleon.org/moodleton
videos and articles on mental health	https://youngminds.org.uk
providing emotional support to anyone suffering emotional distress, struggling to cope or at risk of suicide	www.samaritans.org

