

YOUNG PEOPLE'S MENTAL HEALTH & WELLBEING

INFORMATION

YoungMinds - Information covering a range of mental health issues for young people and a parent support helpline.
www.youngminds.org.uk

Mind - Information, advice and campaigning to promote good mental health for everyone. www.mind.org.uk

Rethink Mental Illness - National mental health charity. www.rethink.org

AnxietyUK - Information and advice for those living with anxiety.
www.anxietyuk.org.uk

Time to Change - An anti-stigma campaign to challenge mental health discrimination www.time-to-change.org.uk

MindEd - Free online learning on children and young people's mental health.
www.minded.org.uk

Heads Together - A campaign to end stigma around mental health and wellbeing. www.headstogether.org.uk

NHS Moodzone - Information and advice covering a range of common mental health issues. www.nhs.uk

Anna Freud: Schools in Mind - a network for school staff sharing shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.
www.annafreud.org

SUPPORT FOR YOUNG PEOPLE

Youth Wellbeing Directory - Information about free local and national wellbeing services.
<https://www.annafreud.org/on-my-mind/youth-wellbeing>

Samaritans - Confidential emotional support available 24 hours a day via telephone, text and email. **116 123** / www.samaritans.org

Childline - Help and advice for parents, children and young people via phone and web chat. **0800 1111** / www.childline.org.uk

Kooth - Online counselling and emotional wellbeing platform for children and young people. www.kooth.com

Beat Eating Disorders - Practical guidance and support for people affected by eating disorders.
www.beateatingdisorders.org.uk

SelfHarmUK - Providing support and information for young people impacted by self-harm. www.selfharm.co.uk

Papyrus - Confidential help and advice for the prevention of young suicide.
0800 068 41 41 / www.papyrus-uk.org

YoungMinds Crisis Messenger - Free, 24/7 crisis text support for young people.
Text YM to 85258

Apps



MENTAL HEALTH RESOURCES FOR CHURCHES

Mental health issues can affect the way we think, feel and behave. According to Mind, they affect around one in four people in Britain, and range from common mental health problems, such as depression and anxiety, to rarer conditions including schizophrenia and bipolar disorder. A range of resources is available to help churches better understand mental health and provide appropriate support.

For further information, please contact Amy Sixsmith, *Diocesan Mental Wellbeing Youth Worker*, amysixsmith@manchester.anglican.org

Mental Health Access Pack

The pack provides practical information and guidance on supporting those struggling with mental health issues. You'll find an overview of mental health matters, plus signposts to additional resources.

www.mentalhealthaccesspack.org/

Livability – Lifting the Lid

Lifting the Lid is a six-week Bible study course focused on faith and mental health. Created with small groups in mind, drawing on well-known Bible stories, it's a free study resource to help churches explore the topics of emotional and mental wellbeing.

<https://livability.org.uk/resources/lifting-the-lid/>

Mind and Soul Foundation

Educates, encourages and enables churches on mental health and wellbeing. Sharing articles, resources and teaching to bring mental health and the church together.

www.mindandsoulfoundation.org/

Mental Health First Aid (MFHA) England

A training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA courses equip people to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone. With a focus on understanding how to support positive wellbeing and tackle stigma in the world around you.

<https://mhfaengland.org/>

Living Life to the Full with God

A course to equip churches and Christian organisations with evidence-based resources which help people overcome low mood and anxiety and to build emotional resilience. The Living Life to the Full online course consist of eight sessions with associated downloadable worksheets, equipping individuals with the skills to understand their feelings when they feel low, worried or hopeless.

<https://littf.com/home/living-life-to-the-full-series/littf-wg/>

Time to Change

Time to Change is England's biggest campaign to tackle mental health stigma and discrimination. Run by the charities Mind and Rethink Mental Illness, it works hard to change public attitudes and behaviour around mental health, and empower people with mental health problems to speak out.

www.time-to-change.org.uk/

Resource for churches: [/www.time-to-change.org.uk/sites/default/files/General%20Synod%20pack.pdf](http://www.time-to-change.org.uk/sites/default/files/General%20Synod%20pack.pdf)

Mind

Provides advice and support to empower anyone experiencing a mental health concern.

www.mind.org.uk