

3Generate Manifestos Mental Health Support



The 3Generate Manifestos often call for a focus on training and guidance on mental health issues – for young people and adults.

Signposts to mental health support and resources for young people

Childline (Freephone 0800 1111 - 24 hours) is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child with a problem. www.childline.org.uk

The Samaritans (Freephone 116 123 - 24 hours, 7 days a week) volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. www.samaritans.org

B-Eat youth helpline provides information, help and support for anyone affected by eating disorders. www.b-eat.co.uk

Kooth is a free online counselling service for children and young people. Only available in certain parts of England and Wales. <https://kooth.com>

HeadMeds is a site for young people aged 11 -25 that provides easy to understand information about mental health medication. www.headmeds.org.uk

The Mix is a support site for under 25s, with lots of useful info on everything such as sex, exam stress, debt and drugs, plus a confidential phone line. www.themix.org.uk

YoungMinds is a leading charity that supports those with mental ill health and campaigns about the issues. There are a range of resources on the site plus specialist help for parents whose children have mental health issues. <https://youngminds.org.uk>

Stressheads App by YouthNet - allows you to identify and explore your feelings and things causing stress using avatar type cartoon heads. www.themix.org.uk/apps-and-tools/stressheads

Papyrus works to prevent young suicide. www.papyrus-uk.org

Epic Friends is a site designed to help young people to help their friends who might be struggling emotionally. It explores common issues like anxiety, self-harm, eating disorders in youth-friendly ways and gives young people practical ideas as to how they can help their friends. There are also posters, videos and lesson plans to download for those working with young people. <http://epicfriends.co.uk>

Charlie Waller Memorial Trust provides free training and resources to help improve young people's mental health, including material on depression and self harm.

www.cwmt.org.uk/free-stuff

Action for Happiness

Check out their ten keys for happier living for an insight into what helps people stay happy. www.actionforhappiness.org

Time to Change has a wealth of information about mental health including session plans, assemblies, and some powerful dramas. There is also a campaign toolkit pack for schools and youth clubs to get people campaigning to end mental health discrimination.

www.time-to-change.org.uk

Selfharm UK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in their life. www.selfharm.co.uk

AyeMind website has a huge number of links to other sites and apps for young people around the issues of mental health. <http://ayemind.com/resource-map>

CalmHarm is a site with useful information but also an app that uses distraction techniques to help fight the urge to self harm. www.stem4.org.uk/calmharm/

Rethink has advice for young people and adults living with mental health issues. www.rethink.org/living-with-mental-illness/young-people

MindEd is for parents, and professionals and volunteers working with children and young people. It is a free educational e-learning site on children's and young people's mental health, supported by the NHS. www.minded.org.uk

RCPsych offers a whole range of leaflets and advice for parents and young people around mental health issues.

www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx