**Mental Health and Wellbeing Resources**

*Resources to use with young people:*

**Youthspace:** [www.youthspace.me/resources](http://www.youthspace.me/resources)
Includes videos, information sheets for professionals and worksheets for young people.
You can search by topic, for example ‘Mental Health General’, ‘Stress’ and ‘Anxiety’.

**Time to Change:** [www.time-to-change.org.uk/resources-youth-professionals/free-resources](http://www.time-to-change.org.uk/resources-youth-professionals/free-resources)
Lesson plans and activities to help tackle the stigma around mental health.
Time to Talk Day (run by Time to Change) takes place every year in February, with the aim of encouraging people to talk openly about mental health and wellbeing. In the run-up to the day, you can order your Time to Talk pack online – this is a free pack full of fun games and other resources for talking about mental health, and the contents of the pack changes every year.
**Resources to help young leaders/peer mentors create their own project:** <https://www.time-to-change.org.uk/get-involved/get-involved-schools/young-leaders>

**Charlie Waller Memorial Trust:** <https://www.cwmt.org.uk/resources>Downloadable guides for young people, parents and professionals about self-harm, and a downloadable ‘wellbeing action plan’ for young people to complete.
You can also order physical resources, including guides to support young people’s wellbeing during their GCSE years.

**Samaritans:** <https://www.samaritans.org/education/deal/digital-resources>Digital resources including videos, audio clips and animations which can be used in lessons and workshops to start a conversation about emotional wellbeing and developing resilience.

**Kidscape:** <https://www.kidscape.org.uk/resources/resources-for-young-people/>Resources for children of all ages, including an anti-bullying toolkit and a transition guide for starting secondary school.Kidscape also have a series of short videos for pre-school children, called ‘Feeling Happy, Feeling Safe’, to help start conversations with children about emotional wellbeing and safety: <https://www.kidscape.org.uk/resources/feeling-happy-feeling-safe/>

**Papyrus ‘Hope Box’:** <https://www.papyrus-uk.org/repository/documents/editorfiles/hope_box.pdf>

*Information for professionals / frontline workers:*

**Mind:** <https://www.mind.org.uk/information-support/a-z-mental-health/>A-Z of mental health, including mental health conditions, types of medication and legislation around mental health.

**Papyrus (Prevention of Young Suicide):** <https://www.papyrus-uk.org/help-advice/resources>Suicide Safety Plan templates, guidance for professionals/frontline staff, and signposting to other resources about stress, anxiety and specific mental health conditions.

**Rethink Mental Illness:** <https://www.rethink.org/resources/a>
Factsheets on various mental health conditions and issues relating to mental health, such as treatment options, self-care and claiming benefits.

**Mental Health Foundation:** <https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>
Information about children and young people’s mental health, including mental health problems that commonly occur in children.

**MindEd (Royal College of Paediatrics and Child Health):** <https://www.rcpch.ac.uk/training-examinations/education/minded-e-portal>
Free e-learning sessions for professionals working with children, young people or families, written by experts in mental health and wellbeing. There are also modules aimed at parents (MindEd for Families).

*Signposting:*

**Mind Elefriends:** <https://www.mind.org.uk/information-support/support-community-elefriends/> An online community for people to talk about mental health, moderated from 10am until midnight. This could be really useful for young people who struggle to talk about their feelings face to face. It is also available as an app for Android and Apple phones.

**Young Minds:** <https://youngminds.org.uk/find-help/>Lots of useful information for young people, including a guide to getting support, information about symptoms and conditions, and tips for looking after yourself. There is also a section on urgent help with links to the Samaritans website.

**Campaign Against Living Miserably (CALM):** <https://www.thecalmzone.net/>A campaign dedicated to preventing male suicide, including a helpline and webchat which is open from 5pm until midnight. CALM also publish an online magazine (CALMzine) which includes interviews with celebrities and information on self-care.