

Useful Websites to support Mental Health

Samaritans: Website: <https://www.samaritans.org/> Call 116 123 for free.

Childline: Website: <https://www.childline.org.uk/> Call 08001111 for free

Befrienders Worldwide Website: <https://www.befrienders.org/>

Health Talk.org Website: <https://healthtalk.org/depression-and-low-mood/overview>

Every Mind Matters/ One You-NHS website: <https://www.nhs.uk/every-mind-matters/>

No Panic: <https://nopanic.org.uk/>

Mental Health UK: <https://mentalhealth-uk.org/>

Anxiety UK: <https://www.anxietyuk.org.uk/>

Shout 85258: <https://giveusashout.org/get-help/>

Zero Suicide Alliance: <https://www.zerosuicidealliance.com/>

Young Minds: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

The Mix: <https://www.themix.org.uk/>

Anne Freud National Centre for Children and Families: <https://www.annafreud.org/>

Student Space: <https://studentspace.org.uk/>

The Proud Trust: If you identify as LGBTQ+: <https://www.theproudtrust.org/>

Beat: <https://www.beateatingdisorders.org.uk/>

National Autism Society: <https://www.autism.org.uk/>

Autistica: <https://www.autistica.org.uk/>

Self-Compassion Website: <https://self-compassion.org/>

Centre for Mindful Self-Compassion: <https://centerformsc.org/>

Greater Good: The Science of a Meaningful Life: <https://www.greatergood.berkeley.edu/>

Mindful Page maintained by Christopher Walsh <https://www.mindfulness.org.au/general-public>

Mindful Website: <https://www.mindful.org/>