

In our mental health survey, you told us that you need **more specific advice** about online mental health support, so our young volunteers have reviewed some of them for you...



**OUR REVIEWS OF ONLINE SUPPORT**

**1) YOUNG MINDS**



"This site is easy to use and great for instant advice on a range of issues e.g. bullying, body image and worries about school, including exam stress. There is not too much text, just very clear guidance."

**2) THE MIX**



"I'm a big fan of this site because it has two great functions: advice and information, but also message boards so you can connect with other young people. It feels like a genuine support service with a lot of options. There's so much advice from young people who have been through some tough times. Crucially, the site is easy to use and explores complex topics like dealing with COVID-19."

**4) KOOTH**

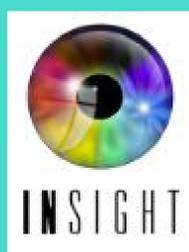


"Kooth is an excellent site that I would definitely recommend! It allows you to completely anonymously talk to both peers and professionals, providing one to one support when it is most needed. It also provides 'mini-games' suggesting coping mechanisms and the option to track your mood each day, meaning even if you're not ready to share your feelings you can still benefit from the website."

*Community Support*

- Join a youth/sports club: Greenhouse Sports, Pro Touch SA, St Andrew's
- For family activities, email [lina@pdt.org.uk](mailto:lina@pdt.org.uk)
- Mosaic BME women's support: 07419992292
- CNWL One Community Radio show

**MORE MENTAL HEALTH SUPPORT**



**URGENT MENTAL HEALTH SUPPORT**

- Single Point of Access (SPA): 0800 0234 650. 24/7 guidance and advice if you're experiencing a mental health crisis
- Risk to life: Call 999
- Young Minds: 85258. Text 'YM' for free, 24/7 crisis support (under 19)
- Shout Crisis: 85258 (Text 'SHOUT' for free)

We exist to make sure young people have the right mental health support and that your voices are heard