



# Mental health resources for young people, their families and caregivers



# For young people

There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:



[Health for Teens](https://www.healthforteens.co.uk) is an online service provided by the NHS that covers large areas of health and wellbeing and an [area of the website specifically for CAMHS Leicester](#).  
[www.healthforteens.co.uk](https://www.healthforteens.co.uk)



[Tellmi](https://www.tellmi.help/what-is-tellmi) allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary.  
[www.tellmi.help/what-is-tellmi](https://www.tellmi.help/what-is-tellmi)



[Young Minds](https://www.youngminds.org.uk) is a mental health charity for younger people. Their website has guides to common mental health conditions, medication and coping with life. You can also text YM to 85258.  
[www.youngminds.org.uk](https://www.youngminds.org.uk)



[NSPCC](https://www.nspcc.org.uk) specialises in child protection and is dedicated to protecting children to prevent abuse.  
[www.nspcc.org.uk](https://www.nspcc.org.uk)



[Togetherness](https://togetherness.co.uk/) offers a range of accessible learning pathways to help everyone understand more about brain development and emotional wellbeing. Please use the access code: CURVE or provide your postcode.  
<https://togetherness.co.uk/>



Feeling worried or low? Need to talk? Text [SHOUT](#) to 85258 for free and confidential support, 24/7. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.  
[www.giveusashout.org](https://www.giveusashout.org)



If your issues are directly related to autism, you can ask advice from [Chat Autism](https://chathealth.nhs.uk/) by texting 07312 277097. This is free.  
<https://chathealth.nhs.uk/>



[Childline](https://www.childline.org.uk) is a counselling service. Their website provides free online support. They also have a free phone support service on 0800 1111  
[www.childline.org.uk](https://www.childline.org.uk)



You can visit [www.myselfreferral-llr.nhs.uk/self-help-resources/](https://www.myselfreferral-llr.nhs.uk/self-help-resources/) for more helpful resources.

# For families, parents and/or carers

There are a range of websites that provide information, advice, links and even counselling to support you supporting yourself and your young person. Some of these include:

**TOGETHERNESS**  
Bringing the Solihull Approach to the world

[Togetherness](https://togetherness.co.uk/) offers a range of accessible learning pathways to help everyone understand more about brain development, emotional wellbeing and parenting. Please use the access code: CURVE or provide your postcode.

<https://togetherness.co.uk/>



[Place2Be](https://www.place2be.org.uk) is a children and young people's mental health charity. Their website [has a whole dedicated area](https://www.place2be.org.uk) for mental health support for parents and carers

[www.place2be.org.uk](https://www.place2be.org.uk)



[Mind](https://www.mind.org.uk) is a mental health charity. They have created a [dedicated page for parenting and mental health](https://www.mind.org.uk).

[www.mind.org.uk](https://www.mind.org.uk)



Within the [‘Health for Kids’](https://www.healthforkids.co.uk) website is a dedicated area for [‘Grownups’](https://www.healthforkids.co.uk). Some of the content has been created by specialist clinicians at CAMHS.

[www.healthforkids.co.uk/grownups/](https://www.healthforkids.co.uk/grownups/)



[Childnet](https://www.childnet.com) focusses on making the internet a great and safe place for children and young people. Their website has a [‘Parents and Carers’ toolkit](https://www.childnet.com).

[www.childnet.com](https://www.childnet.com)



[The Mental Health Foundation](https://www.mentalhealth.org.uk) have created a [‘Make It Count’ guide](https://www.mentalhealth.org.uk) for parents and carers.

[www.mentalhealth.org.uk](https://www.mentalhealth.org.uk)



The [Leicestershire Partnership Trust website](https://www.leicspart.nhs.uk) hosts lots of information including a dedicated area for [CAMHS](https://www.leicspart.nhs.uk) and [mental health support](https://www.leicspart.nhs.uk).

[www.leicspart.nhs.uk](https://www.leicspart.nhs.uk)



[Anna Freud](https://www.annafreud.org) is a world-leading mental health charity for children and families. They have produced [a tip sheet for parents and carers](https://www.annafreud.org) sharing advice on talking about mental health with children.

[www.annafreud.org](https://www.annafreud.org)



[Young Minds](https://www.youngminds.org.uk) is a mental health charity for younger people. They have a [dedicated area to support parents](https://www.youngminds.org.uk) while you're supporting your children.

[www.youngminds.org.uk](https://www.youngminds.org.uk)



# Urgent support for young people, families, parents and/or carers

If you have a more urgent mental health concern and you are in crisis, there is support ready to provide you with the appropriate care. If you are currently receiving mental health support, you can still use the following services. **Where there is an immediate, serious and life-threatening emergency, call 999 or attend A and E.**



If you need urgent mental health support, 24/7 support is available over the phone. Call NHS 111, selecting mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential. You can also text 0748 063 5199 and we will aim to get back to you within 12 hours. If there is an immediate threat to life, dial 999. If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service: [www.signvideo.co.uk/nhs111](http://www.signvideo.co.uk/nhs111) Please note the NHS 111 line is not an emergency service. <https://111.nhs.uk/>



[The Mix has a crisis messenger text service](#), which provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text THEMIX to 85258. [www.themix.org.uk](http://www.themix.org.uk)



If you need someone to talk to, you can call the [Samaritans](#) on 116 123 for free, many time, day or night. You can also speak to them online via a chat. [www.samaritans.org](http://www.samaritans.org)



[The Anna Freud Crisis Messenger text service](#) is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. If you need support, you can text AFC to 85258. [www.annafreud.org](http://www.annafreud.org)



Visit [www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-go-to-ae/](http://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-go-to-ae/) or scan the QR code for more information about when to go to A&E.