

MENTAL HEALTH RESOURCES FOR YOUNG PEOPLE

Help and support for those experiencing troublesome thoughts and feelings.

Childline

The NSPCC is a UK charity offering guidance and support to young people. You can get information from their website or contact them to talk about any issue.

Childline Telephone: 0800 11 11

www.childline.org.uk/

Isle Listen

Isle Listen offers support on a range of issues, such as exam stress, anxiety, bullying and PTSD.

Telephone: +44 1624 679118

Email: support@islelisten.im

Website: www.islelisten.im/resources/

Kooth

Kooth are online mental health wellbeing community for 11-17 year olds. They can help on a range of issues that may be affecting you.

www.kooth.com/

Papyrus

A UK charity dedicated to the prevention of suicide in young people and promotion of mental health and emotional wellbeing in young people.

HOPELINEUK - open 9am to midnight everyday. They provide confidential advice and support on suicide prevention to residents in the UK and the Isle of Man

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org/

Samaritans

A 24-hour confidential telephone service for anyone feeling desperate or suicidal or going through any sort of personal crisis, including bereavement.

Free Helpline: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org/

Young Minds

Young Minds offer support and information for young people on things like how to process your feelings, coping with life in general and how to support a friend who is struggling. They also offer support on specific topics such as addiction, sexuality and abuse.

Website: www.youngminds.org.uk/young-person/