

Mental health websites, services and resources

At Ark Pioneer Academy, we understand how the current circumstances may have a significant impact on the mental health of both children and adults alike. Below are some online services and resources that offer support, advice and guidance about how to best look after your mental health.

- www.mymind.org.uk

MyMind is part of Child and Adolescent Mental Health Services (CAMHS), which is an NHS provided service that support young people with their mental health & emotional well-being. MyMind is a website for young people, parents, and professionals working with children & young people. Here you can find information on how to look after your mental health, how to access help and support, and details of support services in your local area.

- www.kooth.com

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. It is free, confidential, safe and anonymous way for young people aged 11-25 to ask for help from a team of highly qualified and experienced counsellors and support workers.

- www.bigwhitewall.com

An online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

- www.annafreud.org

A child mental health research, training and treatment centre located in London, United Kingdom. The Centre aims to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment, bringing together leaders in neuroscience, mental health, social care and education.

- www.minded.org.uk

Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together.

- www.childrensociety.org.uk

Offers advice on a range of mental health issues for children and young people

- www.youngminds.org.uk

Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK.

- www.epicfriends.co.uk

A site for young people to learn how to help their friends. You can find out about the most common teenage mental health issues, how to spot them and learn how to help.