Support and advice for Young People - Quick Guide

**Anna Freud Centre** – On My Mind - aims to empower young people to make informed choices about their mental health [https://www.annafreud.org/on-my-mind/](https://www.annafreud.org/on-my-mind/)

**BBC website** – OWN IT - to support C&YP online [https://www.bbc.com/ownit/about-us/what-is-own-it](https://www.bbc.com/ownit/about-us/what-is-own-it)

**CAMHS** - Child and Adolescent Mental Health Services
http://www.nhs.uk/Services/
http://www.camhsready.org/#/home - getting ready for your appointment

**Epic Friends** - this site is all about CYP helping friends who might be struggling to cope emotionally [https://epicfriends.co.uk/](https://epicfriends.co.uk/)

**Give Us A Shout** - Crisis Text Line [https://www.giveusashout.org/](https://www.giveusashout.org/)

**Headscape** has been designed for young people, by other young people in Greenwich and Bexley, to give them a trusted website to use for information, to check how they feel and even take a test to find out if they need help with their emotions. It is a 'one stop' source of self-help about a range of mental health issues and conditions for young people to browse at leisure. [http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/headscape/](http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/headscape/)

**Kooth** – online support [https://www.kooth.com/](https://www.kooth.com/)

**Mind Ed** is a free educational resource on children and young people’s mental health for all adults. [https://www.minded.org.uk/](https://www.minded.org.uk/)


**NHS Go** Health information and advice for young people in London [http://www.nhsgo.uk/](http://www.nhsgo.uk/)


**No Panic Youth Hub** – help with anxiety [https://www.nopanic.org.uk/no-panic-youth-hub/](https://www.nopanic.org.uk/no-panic-youth-hub/)

**The Mix** – Get Connected - support for under 25s [http://www.themix.org.uk/mental-health](http://www.themix.org.uk/mental-health)