

# Mental Health and Wellbeing Resources for Young People



Below is a list of organisations, services and resources to support the mental health and wellbeing of young people.

These resources are not linked with CLAPA.

For information on CLAPA's support services for young people born with a cleft, see our website: [clapa.com/support-and-community/teenagers-young-people/support](https://clapa.com/support-and-community/teenagers-young-people/support)

## For young people with a cleft or visible differences

### Changing Faces

Changing Faces are a UK charity supporting people with a scar, mark or condition on their face or body. They have brilliant resources for young people on their website, from dealing with negativity and self-confidence to moving schools.

**Link:** [www.changingfaces.org.uk/advice-guidance/children-parents-families/children-young-people](https://www.changingfaces.org.uk/advice-guidance/children-parents-families/children-young-people)

### FaceIT @ Home

FaceIT is an interactive online self-help tool for young people aged 12-17 and is freely available for young people to use at home with supervision from a parent/guardian. It has been designed by researchers at the Centre for Appearance Research together with young people to help you manage the challenges associated with having a condition or injury that affects appearance.

**Link:** [www.yfaceit.co.uk](https://www.yfaceit.co.uk)

## For all young people

### Kidscape

ZAP is a FREE workshop for children and young people aged 9–16 who have been impacted by a bullying situation.

**Link:** [www.kidscape.org.uk/programmes/zap-workshops-for-children-impacted-by-bullying](http://www.kidscape.org.uk/programmes/zap-workshops-for-children-impacted-by-bullying)

### Childline

Counselling service for young people under 19 online, on the phone or chat, anytime.

**Link:** [www.childline.org.uk](http://www.childline.org.uk)

### Young Minds

Young People can text the YoungMinds Crisis Messenger (text YM to 85258) for free 24/7 support across the UK if they are experiencing a mental health crisis, and there are resources for young people and parents on their website.

**Link:** [youngminds.org.uk](http://youngminds.org.uk)

### The Mix

The Mix can help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social media, through the free, confidential helpline or their counselling service.

**Link:** [www.themix.org.uk](http://www.themix.org.uk)

### Tellmi

A safe, inclusive digital community where young people can help themselves and each other. Moderators check everything to keep the platform safe and in-house counsellors are always on hand if extra support is needed. Users can stay anonymous and talk to people the same

age who get what they are going through. If professional support is needed, their in-house counsellors are available 365 days a year.

**Link:** [www.tellmi.help](http://www.tellmi.help)

## **Kooth**

Kooth is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 11-18, and in some areas, it extends up to age 25. The tool offers live chats, self help activities, informative articles and journaling and goal setting functions.

**Link:** [www.kooth.com](http://www.kooth.com)

## **Shout**

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone struggling to cope.

**Link:** [giveusashout.org/find-crisis-text-support-in-your-area](http://giveusashout.org/find-crisis-text-support-in-your-area)