

## Mental Health Sign-posting and Guidance

Below is a collection of links and resources, which can help to support mental health, resilience, emotional health and wellbeing.

### Information

- [MIND](#)
- [Young Minds](#)
- [Head Meds](#) (Powered by Young Minds giving information about medication and conditions)
- [Royal College of Psychiatrists](#)
- [Mind Ed](#)
- [NSPCC](#) (Mental health and suicidal thoughts)
- [Bi-Polar UK](#)
- [Charlie Waller Memorial Trust](#) (Information, resources and a sample Mental Health and Wellbeing policy for schools)

### Support

- [Kooth](#) (free, safe and anonymous online support for young people aged 10-25)
- [Samaritans](#) (Manchester)
- [BEAT](#) (Beating Disorders)
- [Papyrus](#) (Prevention of young suicide)
- [Childline](#)
- [The Mix](#) (information & support for under 25's)
- [Young Minds](#)
- [Youth Access](#) (advice and counselling network)

### Resources

- [‘Stay Alive’ App](#)
- [Calm Harm App](#) (Self-harm support/distraction app)
- [Headspace](#) (mindfulness/relaxation app)
- [Self Help Resources/Worksheets](#)
- [Anna Freud Schools in Mind](#)

This list was put together by [Healthy Schools Manchester](#) and the [Manchester University NHS Foundation Trust](#).