












Student Social, emotional and mental health (SEMH) Support

Useful Links

Company / Charity	Link	Description
	Childnet International	Activities around E safety for working with young people on the autistic spectrum
	Anti-Bullying Alliance	Anti-Bullying alliance document on cyberbullying and young people with SEN
	Big White Wall	Online Counselling Service (18+)
	Doc Ready	Prepares young people for first visit to GP about MH
	Selfharm.co.uk	Information for professionals and young people about self-harm
	Madly In Love	MH and relationships including real stories/advice
	My CAMHS Choices	Information for young people on talking therapies
	Head Meds	Info for young people on medication, mental health and life!

	Life Signs	Info and support around self-harm
	Recover Your Life	Info and support around self-harm
	B-eat	Info and support around eating problems
	Black Dog Tribe	Info and support around depression
	OCD Action	Info and support around OCD
	Youth Net	Generic info and advice for Young People
	TheSite.org	Generic info and advice for Young People
	Young Minds	Information on mental health and wellbeing for young people, parents and professionals
	Kooth	Online counselling and support
	Moodscope	Mood tracking tool. Basic version is free, but you can pay to get more in-depth features
	Bipolar UK	Info on bipolar, eCommunity, support groups. They also have a specific young people's project

	Anxiety UK	<p>Info on anxiety. Live chat and email support, but have to pay membership fee</p>
	OCD UK	<p>Info on OCD and support forums</p>
	Sane.org.uk	<p>Lots of info on mental health, as well as telephone, email and text support, and an online forum (have to be 18+ to use forum)</p>
	Student Minds	<p>UK student mental health charity. Campaigns and peer support groups in universities across the country</p>
	Time To Change	<p>Real life stories and information</p>
	NACOA	<p>Information and support for children and young people who are affected by a parent's drinking</p>
	COAP	<p>Support (including online counselling) for children and young people affected by a parental addiction</p>
	Mini-Me	<p>Online moodtracking tool that responds to how you are feeling - congratulates you when you feel good, shows you pictures/ videos etc. that you like if you feel a bit off, and contacts a trusted person that you have selected on your behalf if you are feeling really bad</p>
	Nightline	<p>Listening service for students, provided by trained student volunteers</p>
	Students Against Depression	<p>Information, advice and real life stories, specifically for students struggling with depression</p>

	<u>Get Connected</u>	<p>Support and signposting service for young people under 25. Telephone, email, text and webchat support</p>
	<u>Youth Access</u>	<p>Directory of free and confidential counselling, advice or information services</p>
	<u>Youth Wellbeing Directory</u>	<p>Directory of service providers that aim to improve the emotional wellbeing and/or mental health of children and young people and their caregivers</p>
	<u>Childline</u>	<p>Private and confidential telephone, email and online chat support for children and young people up to the age of 19. Plus, information on a range of issues</p>
	<u>Grass Roots Suicide Prevention</u>	<p>Resources on Suicide Prevention and LGBTQ</p>