






Social, emotional and mental health (SEMH) support for students

Useful Links

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



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



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	<p><u>Anxiety UK</u></p>	<p>Info on anxiety. Live chat and email support, but have to pay membership fee</p>
	<p><u>OCD UK</u></p>	<p>Info on OCD and support forums</p>
	<p><u>Sane.org.uk</u></p>	<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>
	<p><u>Student Minds</u></p>	<p>UK student mental health charity. Campaigns and peer support groups in universities across the country</p>
	<p><u>Time To Change</u></p>	<p>Real life stories and information</p>
	<p><u>NACOA</u></p>	<p>Information and support for children and young people who are affected by a parent's drinking</p>
	<p><u>COAP</u></p>	<p>Support (including online counselling) for children and young people affected by a parental addiction</p>
	<p><u>Mini-Me</u></p>	<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>
	<p><u>Nightline</u></p>	<p>Listening service for students, provided by trained student volunteers</p>

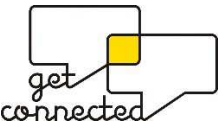






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	<p><u>Students</u> <u>Against</u> <u>Depression</u></p>	<p>Information, advice and real life stories, specifically for students struggling with depression</p>
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	<u>Get Connected</u>	Support and signposting service for young people under 25. Telephone, email, text and webchat support
	<u>Youth Access</u>	Directory of free and confidential counselling, advice or information services
	<u>Youth Wellbeing Directory</u>	Directory of service providers that aim to improve the emotional wellbeing and/or mental health of children and young people and their caregivers
	<u>Childline</u>	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
	<u>Grass Roots Suicide Prevention</u>	Resources on Suicide Prevention and LGBTQ