



# Healthy Mind Healthy Life

[onyourmind.org.uk](http://onyourmind.org.uk)



How to cope with your feelings and where to get support  
Visit the **NEW** website

These websites can give you information about common mental health problems, how to cope with your feelings and where to get support...

#### Youngminds

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Information and signposting to organisations that listen, plus online support.

#### NHS Choices

[www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help](http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help)  
An information hub of advice and links.

#### The Mix

[www.themix.org.uk](http://www.themix.org.uk)  
Essential support for under 25s.

#### ChildLine

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111  
You can find out about anything – no problem is too big or too small.

#### Kooth

[www.kooth.com](http://www.kooth.com)  
Real time help with friendly, qualified counsellors.

#### Epic Friends

[www.epicfriends.co.uk](http://www.epicfriends.co.uk)  
Helping you help your friends who might be struggling to cope emotionally.

#### Doc Ready

[www.docready.org](http://www.docready.org)  
Helping you get ready for the first time you visit a doctor to discuss your mental health.

#### Rise Above

[www.riseabove.org.uk](http://www.riseabove.org.uk)  
Interesting and useful stuff to help you to address anything that life throws at you.

#### Stonewall Youth

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)  
Supporting young lesbian, gay, bi and trans people.

#### Mermaids

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)  
Support with gender identity issues.

#### Winston's Wish

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
08452 03 04 05  
Talk and ask questions about bereavement.

#### OCD Youth

[www.ocdyouth.org](http://www.ocdyouth.org)  
Things you need to know about Obsessive Compulsive Disorder (OCD).

#### Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)  
0800 068 41 41  
For those with suicidal thoughts.

#### Revenge Porn Helpline

[www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk)  
0845 6000 459  
Confidential help for victims who have intimate images of them shared and posted online without their consent.

#### Beat

[www.b-eat.co.uk](http://www.b-eat.co.uk)  
0345 634 7650  
Support for anyone affected by eating disorders or difficulties with food, weight and body shape.

#### Samaritans

[www.samaritans.org](http://www.samaritans.org)  
08457 90 90 90  
Talk about anything that's troubling you.

#### Oxford Health NHS Foundation Trust

[www.oxfordhealth.nhs.uk/children-and-young-people](http://www.oxfordhealth.nhs.uk/children-and-young-people)  
Information about Child and Adolescent Mental Health Services (CAMHS) in Wiltshire.



Clinical Commissioning Group



Wiltshire Council  
Where everybody matters