

Resources to support emotional and mental health

There are various sources of support available to help children and young people facing mental health challenges.

We have provided some information on services available both online and/or face to face.

Online Resources and Information:

Young Minds: youngminds.org.uk

Stem4you: stem4.org.uk

Mind: mind.org.uk

Every Mind Matters (NHS): nhs.uk/every-mind-matters

Here 4 u: lpft.nhs.uk/young-people/lincolnshire/young-people (0800 001 4331) (24/7)

Time to Talk Next Steps(16-25yrs): ndti.org.uk/projects/time-to-talk-next-steps

Healthy Minds emotional resources: lpft.nhs.uk/young-people/online-workshops

Children & Young People Mental Health Services (CYMHS): nhs.uk/nhs-services/mental-health-services-cypmhs

CASY (6-25yrs) casy.org.uk

Sometimes a gratitude journal can also be helpful, this link will take you to a webpage that you may find useful: nowandbeyond.org.uk/resources/ks3-gratitude

Counselling Services:

Don't Lose Hope: dontlosehope.co.uk/counselling-information

Lincoln Trauma Centre: lincolntraumacentre.org.uk

Lindum Counselling and Lindum Listening Ears (7+ yrs): lindumcounselling.co.uk

NW Counselling Hub: nwcounsellinghub.co.uk

Supporting Minds: supportingminds.com

Kooth(11-25yrs) *online only: kooth.com

Looking for a therapist or professional service?

British Association for Counselling and Psychotherapy: bacp.co.uk/search/Therapist