

KOOTH



Articles, discussion boards, chat with the team and daily journal app for mental health and wellbeing

Self Harm



[A list of self harm support sites](#)

Togetherall



A safe, online community where people support each other anonymously to improve mental health and wellbeing.

Depression UK



Help and support with depression

Give us a shout



Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

The MIX



Support for U25's on all areas of life incl body image, money, grades, relationships & crime.

Better Health

BEAT



Help and support for eating disorders/body image.

School Nurse



Health advice and support to school-aged children and young people.

NHS

Help with wellbeing

Young Minds



Mental health advice