

# Useful support links



\***YoungMinds** – <https://www.youngminds.org.uk/>

Fighting for young people's mental health.

\***Healthy Young Minds** –

<https://www.oldham.gov.uk/hsc/services/records/143/411?send=1>

Information on how to help yourself and where to go for more help.

\***Early help** - <https://www.positive-steps.org.uk/services-for-children-and-young-people/integrated-health/15-services/adults-and-families/early-help>

Works with children, young people and their families and adult only households.

\***Anna Freud** – <https://www.annafreud.org/>

A children's mental health charity providing specialist help and support.

\***NAPAC** – <https://www.positive-steps.org.uk/services-for-children-and-young-people/integrated-health/15-services/adults-and-families/early-help>

Adult survivor of any form of child abuse.

\***Adfam** – <https://adfam.org.uk/>

Provides information and support for families affected by drugs and alcohol.

\***Anxiety UK** – <https://www.anxietyuk.net/>

Aim to support everyone affected by anxiety through information and support.

\***Winston's Wish** – <https://www.winstonswish.org/>

Offers practical support and guidance to bereaved children, their families and professionals.

\***Depression UK** – <https://depressionuk.org/>

Supports everyone affected by depression.

\*Beat – <https://www.beateatingdisorders.org.uk/>

Supports adults and young people affected by eating disorders.

\*Stonewall – <https://www.stonewall.org.uk/>

supports all lesbian, gay, bisexual and transgender people with a range of advice services.

\*TOGMind – <https://www.togmind.org/>

Offers help for adults who are experiencing mental health difficulties.

\*Qwell - <https://www.qwell.io/>

Free, safe and anonymous mental wellbeing for adults across the UK.

\*Families in Mind - <https://www.togmind.org/families-in-mind>

A service for the whole family to access together. They can work on building resilience as well as developing positive communication and coping strategies.

\*Kooth – <https://www.kooth.com/>

Provides free online support for young people delivered by qualified counsellors via chat-based services.