

## Useful Websites for Information about Mental Health

- **CAMHS Who Am I?** Is a service user led website which provides information and advice for young people.  
Web: [www.camhswhoami.co.uk](http://www.camhswhoami.co.uk)
- **Stamp Out Stigma** is a campaign led by 5 Boroughs Partnership NHS Foundation Trust which aims to educate the public about the realities of illness and learning disabilities and to help stamp out the stigma that surrounds them.  
Web: [www.stampoutstigma.co.uk](http://www.stampoutstigma.co.uk)
- **Young Minds** provides support and advice to children and young people about a variety of mental health issues.  
Web: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Mind** provides information and advice on different types of mental health problems, medication, treatments, and guides to support and services.  
Web: [www.mind.org.uk](http://www.mind.org.uk)
- **Rethink Mental Illness** challenges attitudes to mental health and changes lives by providing individuals with information, support and advice.  
Web: [www.rethink.org](http://www.rethink.org)
- **Time to Change** aims to challenge mental health stigma and discrimination. It contains information about mental health and why we need to start talking about it.  
Web: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- **The Mental Health Foundation** is an informative website which offers straightforward and clear information on every aspect of mental health and learning disabilities.  
Web: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- **Get Connected** is a free, confidential and multi-issue helpline service for young people under 25 who need help, but don't know where to turn. You can get in touch via phone, email or text for free.  
Web: [www.getconnected.org.uk](http://www.getconnected.org.uk)
- **Beat** is a charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Beat provides advice on what to do and how to get support.  
Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)
- **National Self-Harm Network** aims to support individuals who self-harm to reduce emotional distress and improve their quality of life.  
Web: [www.nshn.co.uk/downloads.html](http://www.nshn.co.uk/downloads.html)
- **Get Self-Help** is a website with a variety of resources and worksheets that you can work through to try and help improve your mental health.  
Web: [www.get.gg](http://www.get.gg)
- **Northumberland Tyne and Wear NHS Website** offers a number of self-help booklets to work through on a variety of different topics such as anxiety, self-harm and depression.  
Web: [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)
- **Teen Mental Health** provides resources, advice and information for teenagers who are worried about their mental health.  
Web: [www.teenmentalhealth.org/](http://www.teenmentalhealth.org/)
- **Stem 4** provides information and focuses on early awareness and intervention of the following mental health issues in teenagers: eating disorders; depression and anxiety; self-harm; and addiction. This website aims to help young people, parents and schools.  
Web: <http://www.stem4.org.uk/>
- **Mind Your 5** provides information and advice on how to look after your mental health and wellbeing.  
Web: <http://www.mindyour5.co.uk/>