

Appendix 1

General Information and Resources about Mental Health and Wellbeing

Public Health Authority

General information about looking after your mental health and some useful contacts and links

<https://www.publichealth.hscni.net/sites/default/files/2021-04/Living%20Well%20-%20A%20guide%20to%20looking%20after%20your%20mental%20health%20and%20wellbeing.pdf>

Helplines NI

One stop resource for information and links to a range of helplines in Northern Ireland

www.helplinesni.com

Every Mind Matters

Department of health England website with resources for understanding your own mental health and making a plan to look after you mental health and well ebing

www.nhs.uk/every-mind-matters/

Royal College of Psychiatrists

Readable and well-researched mental health information for individuals, parents and concerned others

www.rcpsych.ac.uk

Young Minds

Information and online resources, including free-to-print booklets and videos

A “For parents” section which includes information, videos and tips and a parent helpline

www.youngminds.org.uk

Action For Happiness

Resources, events news, videos and apps to help individuals achieve and maintain positive mental health and wellbeing

www.actionforhappiness.org

The Mix

UK based charity providing free confidential support for young people under 25 via online, social media and mobile phone.

www.themix.org.uk

Mind Your head: A student guide to mental health

Mental health support information for young people in university education

www.publichealth.hscni.net/publications/mind-your-head-student-guide-mental-health-2

Reading Well Books on Prescription

Lists book titles suitable for 13-18 year olds about mental health issues such as anxiety, stress, OCD, bullying and coping with exams

www.reading-well.org.uk/books/books-on-prescription/young-people-mental-health

Southern Trust Mental Health Promotion resources

www.southerntrust.hscni.net/livewell/MentalHealth.htm

Southern Trust Text –a-Nurse service

Confidential text messaging service for young people aged 11-19 who are worried or concerned about any aspect of their health and wellbeing. Chat in confidence to a school nurse

07507 328057