



The list overleaf is by no means the only support available but they all offer online help for those that do not feel comfortable speaking face to face with people about their feelings in the first instance.

**If at any time you are feeling suicidal then contact your local Accident and Emergency unit or ring the Samaritans on 116 123 at any time day or night, where somebody will be available to talk to you about how you are feeling.**



## Mental Health Online Directory for Young People



Mental health is something we all have, whether it be good or bad. We all have good days and bad days - that's perfectly normal.

Mental health problems occur when we regularly have more bad days than good. These can lead to anxiety, depression and panic attacks plus many other symptoms. If you find yourself suffering from any of these symptoms, then it is time to seek help.

If you can, talk to your GP or somebody that you trust. If you find this difficult, Harlow Youth Council have compiled a directory of organisations and agencies who can offer you online support.

Do not ignore your feelings as things can spiral out of control. It is important to talk to someone as soon as possible.

**Change Grow Live**  
[www.changegrowlive.org](http://www.changegrowlive.org)

**Childline**  
[www.childline.org.uk](http://www.childline.org.uk)

**Kooth**  
[www.kooth.com](http://www.kooth.com)

**MIND**  
[www.mind.org.uk](http://www.mind.org.uk)

**NHS**  
[www.nhs.uk](http://www.nhs.uk)

**NHS Moodzone**  
[www.nhs.uk/conditions/stress-anxiety-depression/depression-help-groups](http://www.nhs.uk/conditions/stress-anxiety-depression/depression-help-groups)

**NSPCC**  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Papyrus**  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

**PYSCOM**  
[www.pyscom.net](http://www.pyscom.net)

**Respect Yourself**  
[www.RespectYourself.org.uk](http://www.RespectYourself.org.uk)



**Rethink Mental Illness**  
[www.rethink.org](http://www.rethink.org)

**SANE**  
[www.sane.org.uk](http://www.sane.org.uk)

**Sparks Support**  
[www.sparksupport.co.uk](http://www.sparksupport.co.uk)

**The Children's Society**  
[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

**The Mental Health Foundation**  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**The Mix Support for U25's**  
[www.TheMix.org.uk](http://www.TheMix.org.uk)

**The Shaw Mind Foundation**  
[www.shawmindfoundation.org](http://www.shawmindfoundation.org)

**Time To Change**  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**Young Concern Trust**  
[www.yctsupport.com](http://www.yctsupport.com)

**Young Minds**  
[www.Youngminds.org.uk](http://www.Youngminds.org.uk)

