



Young People - Online Mental Health Resources



[Young Minds](#) is a great resource offering support, signposting, guidance and advice.

[Kooth](#) offers free, safe and anonymous on-line support and counselling for young people.

For digital CBT, there are a number of courses and resources available (although there is often a fee) specifically designed for young people such as [Living Life to the Full-YP](#) , [Mood Gym young minds](#) (charge applicable).

The NHS apps page has a great section on [mental health self-help apps](#), such as the brilliant [Calm Harm](#) which helps young people to manage the urge to self harm.

Other local resources such as [Headstart Kent](#) which is part of Kent County Council's early help service and has lots of resources online including mindfulness tips and other local resources

[Wysa](#) is an interactive online chat tool using AI bot "wysa" and is seen as a fun way to build resilience, practice CBT and use mindfulness techniques. Some young people find this very helpful so take a look.

Web Links :

<https://youngminds.org.uk/>

<https://www.kooth.com/>

<https://www.lttfyp.com/> - living life to the full for young people - cheap but excellent resource CBT (£15/year subscription to all resources and online CBT)

<http://healthyyoungmindspennine.nhs.uk/resource-centre/apps/moodgym/> - charge applicable, Australian

<https://www.nhs.uk/apps-library/category/mental-health/> - nhs apps page re mental health self help apps

<https://www.nhs.uk/apps-library/calm-harm/> - for calm harm app information

<https://www.headstartkent.org.uk/> - KCC Headstart webpage, local information included and many resources

<https://www.kentyouthhealth.nhs.uk/get-help/> - this page has information on the school health service including for emotional wellbeing.

<https://www.wysa.io/> - anonymous AI bot penguin “wysa” website see above

Based on NB Hot topics updates for GPs and local information / resources (headstart)
Information collated by Whitstable Medical Practice

