

I'm not a robot

































Your guide to CAMHS, who's who in mental health services, and whos on call if you need someone to talk to. Web guide Download Video/webinar External resource Whether you want to understand how youre feeling, find ways to feel better, or support someone who's struggling, were here to help. Provides careers advice to help young people and their families decide on options following GCSE, A Level and Nationals results days.Usually available through August. Opening days and hours may vary each year - check website for details.If you live in Scotland, call0808 100 8000. Whatever you're going through, you can contact the Samaritans for support. N.B. This is a listening service and does not offer advice or intervention. If you're at immediate risk or harm, please call 999 and ask for an ambulance.If you're having a mental health crisis and need urgent help now, click the button below for who to contact. It takes courage to ask for help. But for many young people who do, the support they need just isnt there. Hundreds of thousands of young people are struggling with their mental health, but too many are being told to wait, struggling to cope and hitting a crisis point before they get help.But things can get better. And were leading the movement for change.We provide young people with the tools to look after their mental health. We empower adults to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard and change the world we live in.Together, we can create a world where no young person feels alone with their mental health. With a view to being transparent and wanting to be held accountable for our commitments, we are publishing our Anti-racism, Justice, Equity and Inclusion (AJEDI) Action Plan.We want the young people we are here for, our volunteers, supporters, partners, and potential future colleagues to know what our aspirations are as an organisation. This is a roadmap for the changes we need to make and our plan for the key work needed now to work towards getting there.We are committed to the work we detailed in the plan but we also know that this on its own is not enough. We will continue to talk to and learn from each other internally, and from our peers externally. We will continue to challenge ourselves, remain true to our values and centre everything we do around who is most at harm. Our A-Z guide is full of practical advice on how to help your child or young person with whatever theyre struggling with. This includes advice on mental health conditions, feelings and behaviours, and life events. Our resources cover a wide range of information and advice that can help you support the young people in your lives, including things like wellbeing activities, webinars, toolkits, and guides on different feelings.

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