YOUNGMINDS
fighting for young people's mental health

Young Minds is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels along with their mental health, and all young people get the mental health support they need when they need it, no matter what.

Sometimes life gets tough and it can be difficult to cope with how we're feeling. Remember, you are not alone. If you click on the Young Minds logo above, you can read advice from other young people who've been there and find out ways you can get help.

Topics covered include:

- Abuse
- Body image
- Bullying
- Coronavirus and mental health
- Drugs and alcohol
- Exam stress
- Struggling with family
- Friends
- Gaming and mental health
- Gender and mental health

- Looking after yourself at uni
- Problems at school
- Racism and mental health
- Self esteem and believing in yourself
- Sexuality and mental health
- Social media and mental health
- Trauma
- Young carers
- What is mental health