

YOUNG MiMINDS

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 alone with their mental health, and all young people get the mental health support they need when they need it, no matter what.

Young Minds have produced some resources including a guide to CAMHS, who's who in mental health services and who you can call if you need to talk to someone.

Topics include:

- Reaching out for help
- How to speak to your GP about mental health
- Your guide to CAMHS
- Counselling and therapy
- Inpatient care
- Glossary

Please click on the Young Minds logo above to access the resource.

