

# 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 a number of guides to enable you to find out more about different mental health conditions, how to cope with your feelings and what support is available to you.

Click on the Young Minds logo at the top of the page to access a hyperlink to the resources.

Topics covered include:

- ADHD and Mental Health
- Anorexia
- Anxiety
- Autism and Mental Health
- Bipolar Disorder
- Borderline Personality Disorder
- Bulimia
- Depression
- Mania and Hypomania
- OCD
- Phobias
- Psychosis
- PTSD
- Schizophrenia

