

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.

Find out about some common feelings and mental health symptoms, and where to go to get help. Please click on the Young Minds logo above to access the resource.

Topics covered include:

- Alone and misunderstood
- Anger
- Down and Unable to Cope
- Eating Problems
- Grief and Loss
- Loneliness
- Out of control
- Panic attacks
- Self harm
- Sleep problems
- Feeling Stuck
- Suicidal feelings

