**Where to get information and support**

*For support on specific mental health needs*

Anxiety UK [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)  OCD UK [www.ocduk.org](http://www.ocduk.org/)

Depression Alliance [www.depressoinalliance.org](http://www.depressoinalliance.org/)

Eating Disorders [www.b-eat.co.uk](http://www.b-eat.co.uk/) and [www.inourhands.com](http://www.inourhands.com/)

National Self-Harm Network [www.nshn.co.uk](http://www.nshn.co.uk/)

[www.selfharm.co.uk](http://www.selfharm.co.uk/)

Suicidal thoughts [Prevention of young suicide UK – PAPYRUS:](https://www.papyrus-uk.org/) [www.papyrus-uk.org](http://www.papyrus-uk.org/)

*For general information and support*

[www.youngminds.org.uk](http://www.youngminds.org.uk/) champions young people’s mental health and

wellbeing [www.mind.org.uk](http://www.mind.org.uk/) advice and support on mental health

problems [www.minded.org.uk](http://www.minded.org.uk/) (e-learning)

[www.time-to-change.org.uk](http://www.time-to-change.org.uk/) tackles the stigma of mental health

[www.rethink.org](http://www.rethink.org/) challenges attitudes towards mental health

[https://www.parentline.com.au/parents-carers/issues/parent-wellbeing](https://www.parentline.com.au/parents-carers/issues/parent-wellbeing" \t "_blank)