**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%22%20%5Ct%20%22_blank)