

Emotional Wellbeing Websites

Time to talk in West Sussex <i>Face to face counselling. Self-referral or via GP</i>	http://www.sussexcommunity.nhs.uk/services/servicedetails.htm.DirectoryID-16358
West Sussex County Council Find It Out centres	https://www.westsussex.gov.uk/education-children-and-families/your-space/
West Sussex Youth Emotional Support Service (YES) <i>Self-referral via FIO Centre or GP. See flyer</i>	https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/
MindEd Free educational resource	https://www.minded.org.uk/
Coastal West Sussex MIND MIND <i>Offers local training courses for professionals and volunteers</i>	http://www.coastalwestsussexmind.org/ https://www.mind.org.uk/
Kooth	https://kooth.com/
ChildLine	https://www.childline.org.uk/ 0800 1111
Mood Juice <i>Provides several down-loadable Self-help Guides – go to 'This Site'</i>	http://www.moodjuice.scot.nhs.uk/
Youth Anxiety BC	http://youth.anxietybc.com/

Action for Happiness	http://www.actionforhappiness.org/
Anorexia and Bulimia Care	http://www.anorexiabulimiacare.org.uk/
Bipolar UK	https://www.bipolaruk.org/
Beat (Beating Eating Disorders)	https://www.b-eat.co.uk/
Boy Anorexia	http://www.boyanorexia.com/
CALM (Campaign Against Living Miserably) – Males 15-25	https://www.thecalmzone.net/
Cruse Bereavement Care	https://www.cruse.org.uk/
Department of Health	https://www.gov.uk/government/organisations/department-of-health
Depression Alliance	https://www.mind.org.uk/about-us/what-we-do/depression-alliance/
FRANK	http://www.talktofrank.com/
Get Connected	http://www.themix.org.uk/
Harmless	http://www.harmless.org.uk/
Hearing Voices Network	https://www.hearing-voices.org/
National Institute for Health and Clinical Excellence	https://www.nice.org.uk/
PAPYRUS (Parents' Association for the prevention of young suicide)	https://www.papyrus-uk.org/
Royal College of psychiatrists	http://www.rcpsych.ac.uk/
Samaritans	http://www.samaritans.org/ 08457 909090
SANE	http://www.sane.org.uk/ 08457 678000
Time to Change	https://www.time-to-change.org.uk/
Young Minds	https://youngminds.org.uk/

