

Young Minds

Young Minds are leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

Parent Helpline: 0808 802 5544

Facebook: @youngmindsuk

Twitter: @YoungMindsUK

Website: <https://www.youngminds.org.uk/>

Mind

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness, and promote understanding.

Telephone: 0300 123 3393

Website: <https://www.hertsmindnetwork.org/>

Kooth

Free anonymous online chat for young people to discuss your mental health issues.

Website: [kooth.com](https://www.kooth.com)

Rethink

Rethink provide expert, accredited advice and information to everyone affected by mental health problems.

Telephone: 0300 5000 927

Website: <https://www.rethink.org/>

Email: info@rethink.org