

Visit <https://www.healthyyoungmindsinherts.org.uk/young-people> and discover all the information you will need for good mental and emotional wellbeing. Here are some examples of what you will find:

<https://www.childbereavementuk.org/>



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

YOUNGMINDS

Coronavirus advice and mental health support

Visit our advice page if you are struggling with self-isolation, coronavirus, and the impact it has on your mental health.

[Read More >](#)

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

FIVE WAYS TO WELL-BEING



NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

How are you feeling?

Help with stress, anxiety or depression

[Stress](#)
[Anxiety, fear and panic](#)
[Low mood, sadness and depression](#)

Help with other common feelings

[Feeling lonely](#)
[Grief after bereavement or loss](#)
[Anger](#)

I'm not sure how I feel

[Mood self-assessment](#)

Some messages from young people about mental Health:

"It's OK not to be happy all of the time."

"Sometimes life can be really tough because something bad happens and other times you can really struggle for no reason at all."

"There is always someone to talk to."

"Life doesn't always work out the way we want it to but that doesn't mean it won't be ok, don't give up."

Click onto the tags at the bottom of the home page and find out about:

Anorexia Anxiety BBC CAMHS
Counselling Eating disorders
Emotional wellbeing Exams
Feeling Good Week Helpline
Just Talk Kooth Parents Schools
Self-harm Sound Thoughts
Teen brain Worried