

MENTAL HEALTH SUPPORT FAMILIES AND YOUNG PEOPLE

 MELO CYMRU	 SAMARITANS	 MENTAL HEALTH UK	 ANXIETY UK
 CHILDLINE	 MIND: YOUNG PEOPLE	 SELF INJURY SUPPORT	 BATTLE SCARS
 KOOTH			

 HARMLESS- SELF HELP	 YOUTH ACCESS	 AUTISM SUPPORT	 BEAT EATING DISORDERS
 INFORMATION FOR PARENTS - RCPSYCH	 INFORMATION FOR YOUNG PEOPLE - RCPSYCH	 TALK TO FRANK	 HEADS TOGETHER
			 NATIONAL SELF HARM NETWORK

**BOOKS TO SUPPORT
MENTAL HEALTH**




**APPS TO
SUPPORT
MENTAL
HEALTH**