WEBSITES

FOR MENTAL HEALTH

Teen Sleep Hub

THE MIX
Essential support for under 25s

HEADS TOGETHER

kooth

ChildLine
0800 1111

Rethink Mental Illness.

YOUNGMINDS

Beat
Eating disorders

PAPYRUS

www.teensleephub.org.uk

www.themix.org.uk

www.headstogether.org.uk

www.kooth.com

www.childline.org.uk

www.rethink.org

www.youngminds.org.uk

www.beateatingdisorders.org.uk

www.papyrus-uk.org