

## Young Minds

Young Minds provide mental health information and support for young people, their parents and professionals. They run a Parents telephone helpline, email and webchat service.

They give information and advice to young people to look after their mental health. Help adults to be the best support they can be to the young people in their lives. They help:

- young people to understand your feelings, how to ask for help and cope with life.
- parents with advice, emotional support and signposting about a child or young person up to the age of 25
- professionals who work with young people with resources, training and information

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

**Helpline:** 0808 802 5544

*Parents Helpline open Monday to Friday 9.30am to 4pm*

**Mobile:** Text YM to 85258

**Email:** [yemenquiries@youngminds.org.uk](mailto:yemenquiries@youngminds.org.uk)

**Twitter:** <https://twitter.com/YoungMindsUK>

**Facebook:** <https://www.facebook.com/youngmindsuk/>

**Youtube:** <https://www.youtube.com/channel/UCBrCD2CYLBN8v9c7fxRqQAw>

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