

Suggested organisations and resources for mental health



Below is a list of a few charities and organisations that provide support to students and young people. You can consult their websites, wherever you are, to access resources, tips and more.

The Samaritans (<http://www.samaritans.org/>) offer support 24 hours a day by telephone or email.

Student Minds (<http://www.studentminds.org.uk/>) offer support for students. They have [a range of resources for students](http://www.studentminds.org.uk/further-support.html), and advice on different types of mental health problems (<http://www.studentminds.org.uk/further-support.html>). Their newsletters, [Mind Matters](https://www.studentminds.org.uk/mindmatters.html) (<https://www.studentminds.org.uk/mindmatters.html>), share monthly tips on dealing with the challenges of uni life.

Mind (<https://www.mind.org.uk/>) is a charity that provides advice and support around mental health issues. Check out their [tips for everyday living](https://mind.org.uk/information-support/tips-for-everyday-living/) (<https://mind.org.uk/information-support/tips-for-everyday-living/>).

Young Minds (<https://youngminds.org.uk/>) offer information and support to young people experiencing mental health problems.

If you want to read more information and advice about alcohol and drugs, visit **Drink Aware** (<https://www.drinkaware.co.uk/>) or Frank (<http://www.talktofrank.com/>).

ULifeline (<http://www.ulifeline.org/>) is an online resource center that provides information on emotional health to college and university students.

Kids Help Phone (<https://kidshelpphone.ca/>) is Canada's national helpline for young people between 5 and 20. Kids Help Phone also provides online resources with tips and advice for young people which you may find useful.

MindHealth360 is dedicated to raising awareness and providing resources on integrative mental health and functional medicine psychiatry. It was founded by Horizon's co-founder and trustee, Kirkland Newman Smulders (<https://www.mindhealth360.info/>). It also has a podcast section for mental health podcasts on topics such as depression, anxiety, ADHD, etc.

<https://www.mindhealth360.com/the-mindhealth-360-show/>

Action for Happiness (<https://www.actionforhappiness.org/>) has produced [10 Keys to Happier Living](http://www.actionforhappiness.org/10-keys-to-happier-living) (<http://www.actionforhappiness.org/10-keys-to-happier-living>).