

# Wellbeing

If you are worried about your own or someone else's mental health, please reach out to the organisations below. They specialise in young people's mental health and are fully trained to know how to support you.



## TOP TIPS

YOUNG MINDS

ABOUT US TRAINING RESOURCES SHOP BLOG CONTACT US MY BASKET

Find Help Get Involved For Professionals SEARCH Parents Helpline Donate

### 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](#)

The coronavirus pandemic is the most difficult time we have collectively ever had to face. Many thousands of people have died and their loved ones are grieving. All of us have had our normal lives taken away from us. It is entirely understandable if we are struggling with our mental wellbeing. Most of us have felt worried, anxious or depressed at times. You might be concerned about someone else and not sure what to do. You don't need to be an expert on mental health to support them. Think about using our three top tips:

## kooth

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:

- Magazine**  
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**  
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**  
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**  
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



For ages: 11-25

Sign up for free at [Kooth.com](#)

1

### Check in

Picking up the phone, having a video call, starting a group chat or messaging someone on social media lets them know you are there to talk and ready to listen. Some people find it really hard to ask for help, but will respond if you talk to them directly

2

### Listen and reflect

Whether you have a mental health problem or not, this is a challenging time for us all. If someone opens up to you, remember that you don't need to fix things or offer advice. Often just listening, and showing you take them seriously, can help someone to manage.

3

### Ask questions

Ask how people are managing, and ask again if you're worried they aren't sharing the full picture. Asking again, with interest, can help someone to open up and explore what they're feeling. People who find it difficult to open up are much more likely to on the second asking

time to change

let's end mental health discrimination

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About mental health Personal stories Change makers Get involved

### Supporting someone during Covid-19

Checking in on your family, friends and colleagues during the coronavirus outbreak is more important than ever.

[Helpful tips](#)

Home > About mental health > Mental health help and support services

## Mental health help and support services

If you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help.

At Time to Change, we focus on challenging stigma and discrimination in society, so we're not able to provide individual or emergency support for people in crisis. But there are lots of

> Be there for your mate

> Take the mental health quiz

> Types of problems

### 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



We are Time to Change, a growing movement of people changing how we all think and act about mental health problems.

Get involved today  
@timetochange  
#timetochange  
time-to-change.org.uk

Share your story  
Just being there means a lot.

Listen  
Just being there means a lot.

Be yourself  
Talking about everyday things helps. You don't have to be this.

Be patient  
Good days and bad days happen.

Support  
Remember, professional support options are out there.

Mental health problems affect 1 in 4 of us in any year.

Surprisingly common, isn't it?  
Yet too many people are still made to feel isolated, ashamed and worthless.

Being open to mental health problems is good for all of us.  
And it's easier than you might think.

Your conversation matters.  
Any time, any place. You don't need all the answers.

Conversations change lives

mentalhealth.org.uk