

IT'S OKAY TO ASK FOR HELP



CHILDREN AND YOUNG ADULT MENTAL HEALTH SERVICES

KOOTH

AGES 10-25



An online mental wellbeing community providing free, safe and anonymous support, including helpful articles, discussion boards, a daily journal, and the opportunity to chat with the team about anything that's on your mind.

NHS TALKING THERAPIES

AGES 16+



If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help. They offer groups and workshops, online therapy and 1:1 sessions.

OFF THE RECORD

AGES 11-25



Off The Record run various mental health projects. They have been designed with the help of young people and all of them are delivered by a team of super-friendly staff and volunteers.

WELLSPRING COUNSELLING

AGES 11+



A team of skilled Young People's Counsellors who are trained to listen attentively and sensitively to your concerns. They will seek to understand and support you, enabling you to find your own way forward.

Full list of mental health and wellbeing services
for children and young adults in North Somerset

