



Mental health in children and young people | Mental Health Foundation

Depression affects more children and young people today than in the last few decades, but it is still more common in adults. Teenagers are more likely to experience depression than young children. Self-harm is a very common problem among young people. Some people find it helps them manage intense emotional pain if they harm themselves, through ...

www.mentalhealth.org.uk



Children's mental health | NSPCC

Recognising the signs that a child may be struggling with their mental health can be really hard. We've got advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm. How to spot the signs a child's struggling with their mental health and what ...

www.nspcc.org.uk



YoungMinds - children and young people's mental health charity

We're the UK's leading charity fighting for children and young people's mental health. We will make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges.