

Emotional Wellbeing and Mental Health resources



NHSgo



A free app designed by and for young people to give them instant access to confidential health and wellbeing information. It also helps young people to find the nearest NHS service and gives them information on their rights when using services.

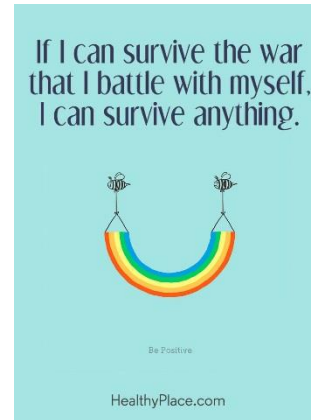
NHSgo website: <https://nhsgo.uk/>

Mental Health First Aid England



MHFA England

To increase the number of Youth MHFA instructors in London. All schools should have someone who can recognise the key warning signs of mental ill health and guide a young person to help.



Good Thinking



The digital wellbeing service to help Londoners with the four most common mental health issues – low mood, stress, sleeplessness, and anxiety. This service will extend to 16-18 year olds by March 2019 and 13-16 year olds by 2020.

Good Thinking website: <https://www.good-thinking.uk/>



Young Londoners Fund



Supporting children and young people to reach their potential through a range of education, sport, cultural and other positive activities. You can find out more about what's happening in your local area through the link on the website