



Young people from the two youth groups said:

Young people were either able to name a lot of mental health online resources or could find them with a quick google search
Young people were using online sources to help distract (Netflix, YouTube, games), relax (music) or comfort, not just to find out about mental health support

Sites to find out about mental health were a bit dry and boring, so young people were reaching out to peers or family instead

Mental health support and messaging should use mediums that young people already use like Tiktok, Instagram, YouTube

There can be a lot of information / misinformation on these platforms that are triggering or increase anxiety during crisis so safe and trusted information was key

Online counselling is time limited and you sometimes have to speak to different person each time

Some apps are good, but some you have to pay for

There are too many apps and sites out there so it can be a bit overwhelming

Apps don't always provide the tailored functions that young people want

They also identified a range of online resources that they were using for support

Young people: Information, wellbeing tips and signposting

On My Mind (Anna Freud Centre) <https://www.annafreud.org/on-my-mind/>

The Mix <https://www.themix.org.uk/>

Young Minds <https://youngminds.org.uk/>

Childline <https://www.childline.org.uk/>

Papyrus <https://www.papyrus-uk.org/>

Apps including Calm, Headspace, MeeTwo, Kooth, Mindshift, journal and tracker apps

Websites found useful by older young people

Mind <https://www.mind.org.uk/>

Samaritans <https://www.samaritans.org/>

NHS Youth Forum: <https://www.byc.org.uk/uk/nhs-youth-forum/peer-support>

To find local services

NHS <https://www.nhs.uk/using-the-nhs/nhs-services/mental>



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