

Additional Links

- [Happy Maps](#) is designed to be accessed by parents, children or professionals in relation to young people's mental health and offers support, advice and information all in one place.
- [BBC Children in Need](#) is a slightly different type of resource but it seemed apt to include here as they run events which you can volunteer at and giving back is one of the best ways to help build up your own mental health.
- [Hub of Hope](#) helps you locate service in your area. "There is always hope, finding the right support for you"
- [CALM Zone](#) is the Campaign Against Living Miserably which works "by provoking conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and don't die by suicide".
- [Young Minds Guide to CAMHS](#) is a resource which provides resources and explains for a young person what CAMHS is as a service and may be useful if you or someone you know is going through the process to receive support from them.
- [Childline](#) is a phone or text service for children up to the age of 18 to offer help, support and guidance to children.

