



Digital Mental Health Support in Airedale, Wharfedale and Craven

[Thrive Bradford](#) Don't just survive, thrive! You can access advice and support on topics like 'How am I feeling', but if you need to speak to someone straight away then the Bradford First response team will be able to talk with you on 01274 221 181. First response offers 24/7 support to people of all ages living in Bradford and surrounding areas.

[MyWellbeing College](#) offers guidance on such things as low mood, anxiety, sleep problems and stress through online courses from the comfort of your own home, group courses, phone advice or one-to-one 'talking therapies'.



National Resources

There are also lots of information and advice for children and young people on mental health and this is available via the [NHS Choices Youth Mental Health Hub](#) and the [NHS Apps Library](#) along with the [Big White Wall](#), which is an anonymous online community designed to help people who are struggling to cope. Additionally [Young Minds](#), [Student Minds](#) and [Epic Friends](#) have lots of great advice and resources that you can access.

[Youth Mental Health First Aid Kit](#) is also available to download which has been created by CHILYPEP

If you are a young person looking for further information on a particular mental health issue then the Royal College of Psychiatrists has lots of factsheets on their page [here](#) and if you still can't find anything that is suitable then why not try looking through the **National Youth Wellbeing Directory** which can be found on the website for children and young people called [On My Mind](#). This website aims to empower young people to make informed choices about the support they want, the treatments they receive and the outcomes they desire. On My Mind was co-produced with young people.

TAKE CARE



OF YOURSELF