



Digital Mental Health Support in Bradford

[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 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 like 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