



# Digital Mental Health Support in the East Riding of Yorkshire

[East Riding of Yorkshire Council](#) Discover the support available for young people and their families, how to contact Youth and Family Support, who to contact in a crisis and other services available.

## 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