



Digital Mental Health Support in Leeds

[MindMate](#) is a website for young people, their families and the professionals who support them. You will find help to explore emotional wellbeing and mental health issues and information about where support is available.

Young people (13-17 years) or parents and carers of children (5-17 years) can now talk directly to the SPA team. You can call 0300 555 0324 during office hours.

The website also includes;

[Online Interactive Games](#) They can help with everything from dealing with stress to starting conversations. Games include Find your MindMates, MindMate Me and Stresspot.

[Real Stories](#) These are engaging documentaries and an interactive video platform that shares stories of young people coping with mental health issues, and allows them to dive deeper into content in real time.

[Blogs](#) All blogs are written by young people in Leeds on topics they care about.

[StepUp! App](#) This is an app designed for young people aged 14 and above to help them get the most out of their face to face CAMHS appointments.

[Teen Connect](#) Teen Connect is a helpline for 13-18 year-olds living in the Leeds area. It can offer up to an hour of support either by phone or online chat. You can have up to an hour with one of our trained staff each night to talk about what you're going through.



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