

# Helpful Sites for Young People aged 13-24

Life is complicated. Sometimes we need extra support and reliable information to navigate our way through. Here are some websites other young people found useful. Talking can be helpful - feel free to ask to speak to a doctor or a nurse privately. We can explain what confidentiality means for your age group.

## Sexuality

'Stonewall' is Europe's largest LGBTQ+ rights charity supporting individuals to live life confidently and without discrimination.

'Over The Rainbow' provides support for LGBTQ+ individuals locally in Dorset.



## Young Carers

'MYTIME' provides support, friendship and opportunities in Dorset. They can provide respite care so you can have a break during holidays.



## Hallucinations / Sensory Experiences

'Voice Collective' is a UK-wide project supporting young people who hear, see or feel things that other people don't.



## Gender Identity

'Mermaids' helps gender diverse young people and their families. They have a wealth of resources online and a helpline.

'FFLAG' support parents and friends of young people who have come out.



## Mental Health

'Young Minds' can help you understand more about how you are feeling and find ways to feel better.

'Shout' provides text support.

'Kooth' provides support digitally.



## Physical Health

'Health for Teens' has information and advice on physical and emotional health.



## Sexual Health

'Sexual Health Dorset' has clinics across Dorset. You can self refer for confidential screening and advice.

'Over The Rainbow' provides specialist advice, support and information on sexual health and HIV for Dorset's LGBTQ+ community.



## Gangs and Violence

'Childline' provides information on how to leave a gang and how to support a young person to leave a gang.

'Gangsline' has phonline support and a 12-week mentoring programme, run by people who have escaped the gang culture.



## Self Harm / Suicide

'Calm Harm' is a free app that can help reduce the urge to self harm.

'Papyrus' focusses on preventing suicide, and promoting positive mental health and wellbeing.



## Anxiety

'Clear Fear' is a free app that can help you understand why you feel anxious, and provide support to reduce this feeling.



## Low Mood

'Move Mood' is a free app that can help you improve your feelings of low mood or depression.



## Drugs and Alcohol

'Talk to Frank' gives honest information about drugs and alcohol.



## Eating Disorders

'BEAT' is a National charity providing support for young people with Eating Disorders, and their families.

'SWEDA' is a local charity providing support and mentoring for young people with anorexia, bulimia and binge eating disorder.



## Life's Challenges

'The Mix' offers free support on a big range of topics including money, work, studying, housing, bullying and break-ups.

