





## MHST Recommended External Support Services - Primary

Logo	Info:	Link:
	<p>Merton Uplift is an integrated Primary Care Mental Health service accessible to anyone living in the borough of Merton or registered with a Merton GP who are 18 years and over. We support anyone who has a mental health or wellbeing need, whether this is due to emotional difficulties or life stressors.</p>	<p><a href="#">Merton Uplift - Wellbeing, Talking Therapies and Primary Care</a>  <a href="#">Merton Uplift Events   Eventbrite</a></p>
	<p>We're the UK's leading charity fighting for children and young people's mental health. We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.</p>	<p><a href="#">YoungMinds   Mental Health Charity For Children And Young People</a>   <a href="#">YoungMinds</a></p>
	<p>There are small things we can all do to help be kind to your mind, and these can make a big difference to how we feel. Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine.</p>	<p><a href="#">Every Mind Matters - NHS (www.nhs.uk)</a></p>
	<p>MindEd is a free learning resource about the mental health of children, young people and older adults.</p>	<p><a href="#">MindEd For Families</a></p>
	<p>Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People.</p>	<p><a href="#">Kooth for Children &amp; Young People - Kooth plc</a></p>
	<p>Directory of local mental health support</p>	<p><a href="#">Merton - NHS South West London Integrated Care Board (icb.nhs.uk)</a></p>
	<p>Jigsaw4u is a charity that provides a wide variety of services across the London Boroughs of Merton and Sutton. You may know of us as a result of our bereavement counselling, or maybe you have a Jigsaw4u Home School Links worker in your school. However we cover so much more, please take a look at our range of different support projects.</p>	<p><a href="#">Jigsaw4u - Helping put the pieces back together</a></p>