

Mental health and wellbeing for young people

Looking after your mental health is an important part of growing up. Find information and support to help you look after your wellbeing, cope with difficult feelings and know where to get help when you need it.

Who is this page for?

This page is for young people looking for information and support for their mental health and emotional wellbeing. It may also be useful for parents and carers supporting a young person.

Looking after your mental health

Everyone can experience times when they feel worried, stressed, low or overwhelmed.

Looking after your mental wellbeing, staying connected with people you trust and asking for help when you need it can make a difference.



Find mental health information and support

visit [Minding your head](#) page for information about common mental health concerns, services and support available in Northern Ireland.



Mind your head: a student guide to mental health

This booklet is full of practical tips and information on managing stress and achieving and maintaining positive mental health and emotional wellbeing. It also contains a useful list of helpful local organisations and websites.

Need help now?

If you need urgent mental health support, reach out to [Lifeline | Lifeline Helpline](#).

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