

## Further self help resources for the Change Project

How to find, and judge the quality of, a health website- summary guidelines from Northumbria University

<http://www.judgehealth.org.uk>

Interactive sites from East Lothian NHS

[www.depressioninteenagers.co.uk](http://www.depressioninteenagers.co.uk)

<http://www.stressandanxietyinteenagers.com/>

Patient UK sites (linked with Northumbria University)

<http://www.patient.co.uk/showdoc/26739919/>

[www.patient.co.uk/display/16777336/](http://www.patient.co.uk/display/16777336/)

Young Minds- a National Charity with high quality information

<http://www.youngminds.org.uk/>

Durham NHS- a website designed by teenagers

[www.teenagementalhealth.com/](http://www.teenagementalhealth.com/)

cool2talk ( message board general health questions)

Interactive sites from NHS

[www.depressioninteenagers.co.uk](http://www.depressioninteenagers.co.uk) [www.stressandanxietyinteenagers.com](http://www.stressandanxietyinteenagers.com)

Website designed by teenagers in Durham (NHS) [www.teenagementalhealth.com](http://www.teenagementalhealth.com)

Website from Tayside NHS

<http://www.cool2talk.org>

Government websites:

<http://www.need2know.co.uk/>

[www.lifebytes.gov.uk](http://www.lifebytes.gov.uk)

<http://www.mindbodysoul.gov.uk/>

Information about drugs (government)

<http://www.talktofrank.com/>

Childline (National charity)

[www.childline.org.uk](http://www.childline.org.uk)

NSPCC (National charity)

[www.nspcc.org.uk/kidszone](http://www.nspcc.org.uk/kidszone)

Young Minds- a National Charity with high quality information [www.youngminds.org.uk](http://www.youngminds.org.uk)

Childline: 0800 1111

NSPCC: 0808 800 5000

Connexions: 084567 13 2 19

Social services: 0161 255 8250