

What is  
on my mind?


It's not always easy to tell...

lonely  
peaceful  
anxious  
determined  
hurt  
supported

afraid  
hopeful  
**EMPOWERED**

Mental health affects us all.  
If you're a young person  
and in need of resources,  
information or support  
then visit us at:

**onmymind.info**

 **Anna Freud**  
National Centre for  
Children and Families

The Anna Freud Centre, operating as Anna Freud National Centre for Children and Families, is a charity registered in England and Wales. Registered office: 11 Bedford Way, London, WC1A 2ET. Company number: 02218015.

**On My Mind** is a new website which aims empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

Co-produced with young people, the site consists of 8 free digital resources aimed at those aged up to 25:

**Youth Wellbeing Directory:** Find free mental health support from services local to you

**Jargon Buster:** Understand what medical terms and phrases mean with definitions written by other young people

**Receiving Support:** Videos and Q&A's to help you know what to expect from working with a service

**Understanding Referrals:** Know what the referral process is, how to get one and what to do if you're waiting to be seen

**Understanding Treatments:** Find out what your treatment options are and what the evidence says about each treatment

**Helping Someone Else:** Top tips from young people about how to help a friend or relative with their mental health

**Know Your Rights:** Understand what your rights are when working with a service

**Self-care:** Discover activities which may help you manage your mental health if you're feeling low or anxious

**[www.onmymind.info](http://www.onmymind.info)**