



If you're struggling with your mental health, you're not alone.

Best For You is a new approach to mental health care designed for – and in consultation with – young people and their families.

It brings together a wide range of tried-and-tested digital resources to provide 24/7 support for young people.

Visit the Best For You website

BestForYou.org.uk has:

- information about mental health (including mental health conditions)
- tips and advice for looking after wellbeing
- videos from young people and mental health professionals
- guides to NHS services and other support in north-west London
- free digital tools to support your mental health



find us @BestForYouNHS

Text NATTER to 85258

Anyone can text NATTER to chat with a trained volunteer over text. They can help if you're overwhelmed, struggling to cope, or if you just need to talk. It's free, confidential, and anonymous – and available 24/7.

Check out the Best For You app library

The Best For You app library contains information about apps to support wellbeing, including ways to journal and track your mood, support to ask friends and family for help, and distractions from the urge to self-harm.

Every app in the library has passed tests to make sure it's safe and trustworthy – and lots of them are entirely free.

