

Health Websites

- General websites

<https://www.nhslanarkshire.scot.nhs.uk/> - NHS Lanarkshire

<https://www.scot.nhs.uk/> - Scotland's Health on the Web

<https://www.nhsinform.scot/> - NHS Inform

<https://www.nhs24.scot/> - NHS 24

<https://www.nhs.uk/> - The NHS (England)

<https://sciencefeedback.co/> - Science Feedback – Providing accurate info about science information online

<https://www.nhs.uk/news/> - Behind the headlines (NHS guide to science that makes the news)

- Mental health and young people

<http://www.elament.org.uk/> - NHS Lanarkshire Mental Health Resources

<https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people> - SAMH

<https://www.seemescotland.org/young-people/> - See Me Scotland

<https://youngminds.org.uk/> - Young Minds

<https://www.youalright.co.uk/> - You alright?

<https://www.nhslanarkshire.scot.nhs.uk/?s=camhs> - Child and Adult Mental Health Services

www.b-eat.co.uk - Beat Eating Disorders

<https://www.breathingspace.scot/> - Breathing Space

Also have a look at the **Mental Health Reading List** by Natasha Devon – see separate file