

However you're feeling at the moment, there are lots of things you can do to look after your mental health and wellbeing. Mind has put together these tips and guides to support you:

[Looking after your wellbeing](#)

Information on understanding mental wellbeing and how to look after it.

[Confidence and self-esteem](#)

Information about confidence and self-esteem, with tips to help you feel better about yourself.

[Finding support](#)

Information about the different places you can go for help when you need support for how you're feeling.

[Supporting a friend](#)

Information on how to support a friend who is struggling with the way they are feeling

[COVID information hub](#)

Find information to help you take care of your wellbeing during the pandemic. Includes tips from other young people

[Useful contacts](#)

If you need more support, there are a number of organisations you can contact.