

Let's Talk Directory – A Guide to Emotional Wellbeing and Mental Health Services for Children and Young People in Sheffield

The Let's Talk Directory is an easy access guide to emotional wellbeing and mental health services for children and young people in Sheffield. The guide is aimed at young people, parents or carers and people that work with young people to find the right advice and support and see what services are available in Sheffield.



The Let's Talk Directory was first developed in 2015 alongside young people and includes a range of services from mental health and wellbeing to bullying and urgent help. An updated version was published in 2016/17 and soon became one of the most popular pages on the NHS Sheffield website and was the most viewed page on the website for three consecutive months.

The Let's Talk Directory is currently under review and NHS Sheffield CCG are working with Sheffield City Council to merge the Let's Talk Directory with the Sheffield Mental Health Guide, in order to have an all age one stop shop for mental health services and advice for Sheffield.

A copy of the Let's Talk Directory can be found [here](#).