

RESOURCES FOR YOUTH

Here are just a few resources that could spark conversations or help in a time of need



VIDEOS & PODCASTS

The Bible Project

A series of short, engaging illustrated videos that give a big picture view of the Bible

bibleproject.com/explore/

Soul Survivor: Take Heart

A mixture of short and long listens from Soul Survivor Church aimed at young people

soulsurvivorwatford.co.uk/take-heart-podcast
(Also available on podcast providers)

Youth Bible in One Year

The 'Youth Bible in One Year' is a condensed Bible plan for young people including Instagram posts, commentary & podcasts. Takes about 10 minutes per day

youthbioy.org/

REBOOT

A mixture of short & long videos that help teenagers to think through and answer the biggest questions around the Christian faith

<https://www.youtube.com/channel/UCgQwZKR5sfOr8IRhdcMn97g>
(Or search 'Reboot Apologetics' online)



MENTAL & EMOTIONAL WELLBEING

Be Headstrong

Emotional wellbeing resources and advice to do real life and real faith in the real 21st century world

beheadstrong.uk

Young Minds

Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, these guides can help.

youngminds.org.uk/find-help/

Alumina - Self Harm

Alumina is a free, online 6 week course for young people struggling with self-harm.

selfharm.co.uk/alumina

Death, Grief & Hope

A helpful online booklet for young people who are experiencing loss during the pandemic

<https://churcharmy.org/Publisher/File.aspx?ID=250716>