

MENTAL WELLBEING SUPPORT LINKS

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline

Childline is available to help anyone under the age of 19.

[You can contact Childline](#) about anything that is worrying you, day or night.

A help and advice charity that provides a counselling service for children and young people. It is free of charge and confidential. A multilingual service is provided.

YOUNGMINDS

YoungMinds

YoungMinds provides mental health resources for young people.

[They have a 24/7 text helpline](#) for young people having a mental health crisis.

They provide information and assistance to improve mental health and emotional wellbeing in children and young people, as well as giving support and guidance for parent/carer empowerment.



Samaritans

Samaritans provide a service where someone will listen to you and help you talk through your concerns, worries and troubles.

[They have a 24/7 helpline](#) available to talk to someone.

They provide emotional support for those with feelings of despair or distress and are struggling to cope or are at risk of suicide.

CAMHS

CAMHS is the Child and Adolescent Mental Health Service. They are part of the NHS and provide mental health services for young people.

CAMHS

Child and Adolescent
Mental Health Services

Depression & Anxiety



The Mix

The Mix is a free and confidential support service for children and young people under 25. They help with many challenges that are faced in society today—from mental health, to money worries, from relationship break-ups to drugs, from homelessness to finding a job.

[They provide a helpline](#) (phone, web chat, email) if you need support.

No Panic

No Panic helps people who suffer from anxiety disorders, including obsessive compulsive disorder, panic attacks and phobias.

[A youth helpline for ages 13–20](#) is available if you need support. They also provide a helpline for adults.



Students Against Depression

The **Students Against Depression** website offers advice, guidance, information and resources for those affected by low mood, depression and suicidal thinking. It also provides tips and advice for those helping others.

Anxiety UK

Anxiety UK provide self-help leaflets and information on self-help groups for those suffering with anxiety disorders.



Suicide Support



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS is a charity dedicated to the prevention of young suicide, giving advice, information and resources for parents/carers, professionals and friends of young people at risk of suicide.

[HOPELINE is a helpline](#) (phone, text, email) if you are having thoughts of suicide or are concerned for a young person who might be.

Other organisations that can assist with suicidal crisis include: [The Samaritans](#); [YoungMinds](#) and [Childline](#).

Self Harm



Harmless

Harmless is a user-led organisation that provides a range of services about self-harm, including support and information to people who self-harm, their friends, families and professionals.

Self injury Support

Self injury Support provides free, confidential support around self-harm and related issues to women and girls up to the age of 24.

[Their helpline](#) (phone, text, chat) is available for support.



Lifesigns

The **Lifesigns** website provides information on self-harm and support people to make changes in their lives.

Eating Disorders



Beat

Beat provides information on eating disorders and offers support to assist recovery.

[They provide a youth helpline for under 18s](#) (phone & email) if you need support. A helpline for adults is also available.

ABC

ABC provides emotional support and practical guidance for anyone affected by eating disorders, including parents/carers, family and friends.

[They offer a helpline](#) (phone & email) if you need support, or are concerned about someone you know.



Bereavement



Cruse Bereavement Care

Cruse Bereavement Care offer emotional support to anyone affected by bereavement.

[Their helpline](#) supports anyone affected by bereavement.

Winston's Wish

Winston's Wish is the UK's childhood bereavement charity. They offer support to children and their families after the death of a parent or sibling. They also offer support to schools and provide resources.

[They have a helpline](#) that provides advice to anyone supporting a grieving child.



Giving hope to grieving children

General Health



NHS

The NHS is there to help you take control of your health and wellbeing and provide a range of services to book appointments online.

Simply visit www.nhs.uk

Smokefree

Join the millions of people who have used Smokefree support to help them stop smoking. From email and text, to our free app and lots of other support, you can choose what's right for you.

Simply visit www.nhs.uk/smokefree



KidsHealth

KidsHealth helps parents, kids, and teens take charge of their health. It also provides families with the tools and confidence to make the best health choices.

Simply visit www.kidshealth.org

FRANK

Find out everything you need to know about drugs, their effects and the law. You can talk to **Frank** for facts, support and advice on drugs and alcohol.

Simply visit www.talktofrank.com

