



## National helplines for adults and children

### Childline

A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone. (call 08001111)



### NSPCC

This charity works against child abuse - a helpline is available for parents or other adults concerned about a child (0808 8025544).



### The Samaritans

A confidential helpline which offers support and advice to those in emotional distress. (call 116 123)



### Young Minds

Offers information and advice to anyone worried about a child or young person under the age of 25. (call 0808 802 5544)



### Anna Freud – National Centre for Children and Families

A range of resources and information regarding mental health.



### Mind

National mental health charity providing information and advice.



## General mental health advice and support:

### CALM

The Campaign against Living Miserably aims to reduce suicide rates among young men in the UK.

### **Doc Ready**

Prepares young people for their first visit to their GP to talk about their mental health.

### **Get Connected**

Support and signposting for young people under the age of 25. Telephone, email, text and web chat support.

### **Kooth**

Online counselling and support for children and young people aged 11+.

### **Sane**

Information on mental health, as well as telephone, email and text support. Includes an online forum for over-18s.

### **The Mix**

Mental health information and support for the under-25s.

### **Time to Change**

Personal stories from young people about why mental health matters.

### **The Youth Wellbeing Directory**

Online resource for families and young people up to the age of 24 listing local mental health services in their area.

### **Papyrus**

Charity working to prevent young suicide with a helpline for those worried about themselves or someone they know (call 0800 068 4141; text 0778 620 9697).

## **Anxiety**

### **No Panic**

Helpline for young people who suffer from panic attacks, OCD, phobias, and other related anxiety disorders (call 0330 606 1174).

## **Bipolar**

### **Bipolar UK**

Offers information about bipolar disorder, an online community, and a peer support line.

## **Bullying**

### **Bullying UK**

Advice and support for dealing with bullying.

### **Top Tips for Preventing Cyberbullying**

This is a free resource that brings attention to cyberbullying and how to prevent it from happening.

## **Depression**

### **Charlie Waller Memorial Trust**

Includes information for children and young people on how to recognise the signs of depression.

### **My CAMHS Choice**

Information and support for young people who have been referred to the CAMHS system.

## **Drugs and alcohol**

### **Addiction**

Information about drug and alcohol problems.

### **Nacoa**

Information and support for children and young people affected by a parent's alcohol use.

## **Eating disorders**

### **Beat Eating Disorders**

Helplines, online support and self-help groups on all types of eating disorder.

## **Hearing voices**

### **Voice Collective**

Resources for young people who hear, see and sense things that others don't. Support for parents is also offered.

## Medication

### Head Meds

Information for young people around medication, mental health and life.

## OCD

### OCD UK

Information and support on OCD, including online support forums.

## Self-harm

### Life Signs\_

Information and support on self-harm in children and young people.

### National Self-Harm Network

A forum providing crisis support, resources and advice on dealing with self-harm.

### Recover Your Life

Information and support around self-harm. Includes forums, online chat, open 24/7.

### Self Harm UK

Information for parents and professionals on self-harming behaviour.

## Apps/Tools for Children and Young People

### Healthy Minds\_

Problem-solving tool aimed at students.

### InHand

An app to help young people through the ups and downs of life; it suggests activities to help based on how you rank your mood.

### Mindshift

Specifically for young people to help them manage their anxiety. There are lots of tools, techniques and advice.

### **Mood Scope\_**

A mood tracking tool; the basic features are free but you have to pay for more in-depth features.

### **Moodometer\_**

An app as well as an online resource which helps children and young people monitor and understand their emotional wellbeing.

### **Personal Zen**

Games that have been clinically proven to reduce stress.

### **Recovery Record**

Self-help tool for children and young people suffering from eating disorders.

### **SAM (Self-Help for Anxiety Management)**

Help with anxiety management which includes interactive games and tools, and an anxiety tracker.

### **Stop, Breathe and Think\_**

Guide to meditation which recommends certain meditations based on how you're feeling