







MENTAL HEALTH AND WELLBEING RESOURCES









If you need urgent advice or support

Support	Summary of support	How to contact
	<p>Anna Freud National Centre for Children and Families provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.</p>	<p>Text: AFC to 85258</p>
	<p>BEAT's Youthline offers support to children and young people with an eating disorder.</p>	<p>Website and online chat: https://www.beateatingdisorders.org.uk/support-services/helplines</p> <p>Phone: 0808 801 0711</p>
	<p>ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there.</p>	<p>Website and online chat: https://www.childline.org.uk/</p> <p>Phone: 0800 1111</p>
	<p>Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.</p>	<p>Website: http://each.education/homophobic-transphobic-helpline</p> <p>Phone: 0808 1000 143 open Monday to Friday 10 am to 5 pm</p>
	<p>Hope Again is the youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one.</p>	<p>Website: https://www.cruse.org.uk/get-help/for-parents</p> <p>Phone: 0808 808 1677</p>
	<p>Mermaids offer a free and confidential phone and web-chat service which has been designed specifically to support trans, gender-diverse and non-binary students. This is open to young people aged 18 to 25, and is available 9am to 9pm, Monday to Friday.</p>	<p>Website and web-chat service: https://mermaidsuk.org.uk/mermaids-student-space/</p> <p>Phone: 0808 8010 424</p>

	<p>Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.</p>	<p>Website: https://www.papyrus-uk.org/</p> <p>Phone: 0800 068 41 41 Text: 07786 209 687</p>
	<p>Samaritans are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.</p>	<p>Phone: 116 123</p> <p>Email: jo@samaritans.org</p>
	<p>Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.</p>	<p>Text 'Shout' to 85258 to get an empathetic, trained volunteer who will listen and work with you to solve problems.</p>
	<p>Student Space is here for students through coronavirus. Help and guidance is available.</p>	<p>Website and webchat: http://www.studentspace.org.uk/ Text: STUDENT to 85258 You can also use their search tool to find the services available at your university.</p>
	<p>Switchboard LGBT+ helpline is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.</p>	<p>Website and web chat: https://switchboard.lgbt/</p> <p>Phone: 0300 330 0630</p> <p>Email: chris@switchboard.lgbt</p>
	<p>Young Minds Crisis Messenger provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.</p>	<p>Website: https://youngminds.org.uk</p> <p>Text: YM to 85258 (24/7) for urgent help</p>




General mental health and wellbeing support, building resilience and staying well

Support	Summary of support	How to contact
	<p>Anna Freud National Centre for Children and Families provide support to children and young people, sharing clear, simple advice and resources.</p> <p>'On My Mind' aims to empower young people to make informed choices about their mental health and wellbeing through advice, support, tips and self-care strategies.</p>	<p>Websites: https://www.annafreud.org/coronavirus-support/support-for-young-people/ https://www.annafreud.org/on-my-mind/</p> <p>Text: AFC to 85258</p>
	<p>BBC Bitesize offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships.</p>	<p>Website: https://www.bbc.co.uk/bitesize/collections/life-and-wellbeing/1</p>
	<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/</p>
	<p>Kooth free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes:</p> <ul style="list-style-type: none"> • a magazine • discussion boards • messages or live chat with their team • a daily journal you can fill in 	<p>Website: https://www.kooth.com/</p>
	<p>Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.</p>	<p>Website: https://nowandbeyond.org.uk/help-and-support</p>
	<p>The Think Ninja (freely available and adapted for COVID-19) app educates children and young people about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well.</p>	<p>App: https://www.nhs.uk/apps-library/thinkninja/</p>




Bullying

Support	Summary of support	How to contact
	<p>Anti-Bullying Alliance are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all forms of bullying between children and young people.</p>	<p>Website: https://www.anti-bullyingalliance.org.uk/tools-information</p>
	<p>ChildLine have a designated page for bullying issues that includes a new video about building up your confidence after bullying.</p>	<p>Website and online chat: https://www.childline.org.uk</p> <p>Phone: 0800 1111</p>
	<p>Ditch the Label is a global youth charity, here to help young people aged 12 to 25 navigate the issues affecting them the most; from mental health and bullying to identity, Asian hate crimes and relationships.</p>	<p>Website and online forum: https://www.ditchthelabel.org/</p>
	<p>Educational Action Challenging Homophobia (EACH) offers advice and support online for children experiencing homophobic, biphobic or transphobic bullying or harassment.</p>	<p>Website: http://each.education/homophobic-transphobic-helpline</p> <p>Phone: 0808 1000 143 open Monday to Friday 10am to 5pm.</p>
	<p>Kidscape has advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.</p>	<p>Website: https://www.kidscape.org.uk/advice/advice-for-young-people/</p>
	<p>Young Minds offers online information and advice on bullying for children and young people.</p>	<p>Website: https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/</p> <p>Text: YM to 85258</p>




Bereavement

<i>Support</i>	<i>Summary of support</i>	<i>How to contact</i>
	<p>Anna Freud National Centre for Children and Families provide support to children and young people dealing with loss and bereavement and signposts to bereavement organisations and local support.</p>	<p>Websites: https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/ Text: AFC to 85258</p>
	<p>Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where children and young people can learn from other young people, how to cope with grief, and feel less alone.</p>	<p>Website: https://www.cruse.org.uk/get-help/for-parents Phone: 0808 808 1677</p>
	<p>The Childhood Bereavement Network includes content specific to COVID-19 with a hub for professionals supporting bereaved children.</p>	<p>Website: http://www.childhoodbereavementnetwork.org.uk/schools.aspx</p>

Sleep problems

<i>Support</i>	<i>Summary of support</i>	<i>How to contact</i>
	<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/</p>
	<p>Teen Sleep Hub offers advice, support and tips on achieving a good night's sleep.</p>	<p>Website: https://teensleephub.org.uk</p>
	<p>Young Minds offers online information, advice and tips for children and young people having issues with sleep and how to get help.</p>	<p>Website: https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems Text: YM to 85258</p>

Transitions

Support	Summary of support	How to contact
	<p>BBC Bitesize offers support, advice and tips to children and young people on starting primary school, secondary school and options for college and university.</p>	<p>Websites: https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1 https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1</p>
	<p>Charlie Waller Trust have support, advice and tips for young people starting sixth form, college and university.</p> <p>Year 11 only</p>	<p>Website: https://charliewaller.org/student</p>
	<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/</p>

MENTAL HEALTH & WELLBEING SUPPORT











	https://www.nhs.uk/apps-library/category/mental-health/
	https://www.kooth.com/
	https://www.childline.org.uk/
	https://youngminds.org.uk/
	https://www.papyrus-uk.org/
	https://www.annafreud.org/coronavirus-support/support-for-young-people/
	https://www.bbc.co.uk/newsround/44074706
	https://www.bbc.co.uk/programmes/p04pxgfk
	https://www.beateatingdisorders.org.uk/
	https://www.mind.org.uk/
	https://www.winstonswish.org/
	https://www.actionforhappiness.org/calendars
	https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health
	https://www.doyogawithme.com/yoga-classes
	https://www.pixelthoughts.co/
	https://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes

FREE MENTAL HEALTH & WELLBEING APPS



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	<p>BBC Own It – this app is part of the BBC’s commitment to supporting children and young people in the digital world. You can access the app at any time to get real-time, on-screen advice and support the moment they need it.</p>
	<p>Calm – a free app for meditation and sleep including guided meditations, mindfulness, sleep, stories, breathing programmes, master-classes and relaxing music. Some content is only available through a paid subscription.</p>
	<p>Calm Harm – a free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app can allow you to track your progress and notice change.</p>
	<p>Daylio – is a free private journal app without the need to type. Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand you habits better.</p>
	<p>eQuoo – is an evidence-based Emotional Fitness Game proven to build resilience, boost your relationship skills, enhance personal growth and lower anxiety.</p>
	<p>KOOTH Online Counselling – is a free, safe and anonymous service for 11-18 year olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums.</p>
	<p>Smiling Mind – Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. We suggest 10 minutes a day.</p>
	<p>Think Ninja – is an app which has been specifically designed to educate young people (10 to 18 years old) about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. It is built on cognitive behaviour principles which is based on the theory that our thoughts, feelings and behaviour are all connected.</p>
	<p>Worry Tree: Anxiety Journal – is an app which helps you to record, manage and problem solve your worries and anxieties based on cognitive behaviour therapy techniques. It supports you through the problem solving process – helping you either to make a plan to deal with your worry or to mindfully refocus your attention to help you cope.</p>