

Mental Health and Well-being – Useful Website Links

More young people than ever are suffering from issues surrounding mental health and wellbeing, for information and advice about mental health and how you can support someone suffering from mental health issues please see the links and advice lines below.

Access to Education	Information for parents.		Access to Education Website
All Saints Youth Project:	An inclusive youth project providing recreational and informal educational opportunities and individual support since 1998		https://www.allsaintsyouthproject.org.uk/
Autism West Midlands	Specialist support and advice to people of all ages on the autistic spectrum.		https://www.autismwestmidlands.org.uk/
Birmingham Educational Psychology Service	A telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.		To access this service you will need to email: Stephanie.Bowen@birmingham.gov.uk
B-EAT youth helpline	Information, help and support for anyone affected by eating disorders. (Monday-Fri eve 4.30pm - 8.30pm and Sat 1.00pm - 4.30pm).	0845 634 7650 Email fyp@b-eat.co.uk	Online community
Change Brief Therapy	Focused Therapy, counselling and training in Birmingham.		https://changebrieftherapy.org/
ChildLine	Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem.	Freephone 0800 1111 (24 hours).	www.childline.org.uk
Forward Thinking	Forward Thinking Birmingham, the city's mental health partnership for 0-25 year olds.		https://www.forwardthinkingbirmingham.org.uk/
Get Connected	Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.	Freephone 0808 808 4994 (7 days a week 1pm-11pm).	www.getconnected.org.uk
NSPCC	Helps families and children with over 40 different services. If you are worried a child may be suffering from any form of abuse or would like more information about what to look out for or how to support a child see website.	Freephone (from landlines and most mobiles) 0808 800 5000 (24 hours)	https://www.nspcc.org.uk/NSPCC
Pause	Pause is run by our friendly team of therapists, youth workers and volunteers, who are always on hand to lend a listening ear.		Pause Website
Samaritans	Samaritans volunteers listen in confidence to anyone in emotional distress, without judging or telling people what to do.	Tel: 08457 90 90 90 (24 hrs 7 days a week).	www.samaritans.org.uk
SEND	Special Educational Needs and Disability support from the local authority.		birmingham.gov.uk/send
Teen Mental Health	Teen Mental Health is an advice website set up to help inform young people, parents and teachers about what mental health issues are and how to cope with them.		http://teenmentalhealth.org/
Youth Access	Advice and counselling network		https://www.youthaccess.org.uk/
Young Minds	For parents and carers, Young Minds is committed to improving the emotional wellbeing and mental health of children and young people.		www.youngminds.org.uk/
Youth2Youth	A confidential helpline run by young people for young people up to 19 years of age who need emotional support.	Helpline 0208 896 3675 (Mon & Thur 6.30-9.30pm).	www.youth2youth.co.uk