

## A List of Websites and Organisations that offer Mental Health and Wellbeing Support

**\* See the section at the end for Resources and advice for supporting children and families around COVID-19.**

- **Action for Children**

Phone: 01923 361 500

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

A charity supporting children, young people and their families across England.

- **Action for Happiness**

[www.actionforhappiness.org.uk](http://www.actionforhappiness.org.uk)

Action for Happiness is creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. It's website provides many resources and evidence-based ideas for actions we can take to feel happier and help reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

- **Anna Freud Centre**

[www.annafreud.org](http://www.annafreud.org)

Telephone: 0207 794 2313

Email: [info@annafreud.org](mailto:info@annafreud.org)

A children's mental health charity providing specialist help and training, as well as carrying out research.

- **Anxiety UK**

Phone: 03444 775 774 (Mon–Fri)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

A charity providing support if you've been diagnosed with an anxiety condition.

- **Beat**

Phone: 0808 801 0711 (every day)

[www.beateatingdisorders.co.uk](http://www.beateatingdisorders.co.uk)

An under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

- **CALM**

Phone: 0800 58 58 58

[www.thecalmzone.net](http://www.thecalmzone.net)

The Campaign Against Living Miserably is for men who are feeling low or in crisis.

- **Centrepoint**

Phone (age 16–25): 0808 800 0661

[www.centrepoint.org.uk](http://www.centrepoint.org.uk)

Provides advice, housing and support for young people, with a helpline and webchat.

- **ChildLine**

[www.childline.org.uk](http://www.childline.org.uk)

Telephone: 0800 1111

Childline is a counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential. There is a 24-hour helpline.

- **Early Intervention Foundation**

[www.eif.org.uk](http://www.eif.org.uk)

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

- **Frank**

Phone: 0300 123 6600 Text: 82111

[www.talktofrank.com](http://www.talktofrank.com)

A confidential webchat, helpline, advice and information on drugs and substance misuse.

- **HeadMeds**

[www.headmeds.org.uk](http://www.headmeds.org.uk)

Clear information on mental health medication for young people.

- **Hope Again**

Phone: 0808 808 1677 Email: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Support for young people when someone dies.

- **HOPELINEUK**

Phone: 0800 068 4141

[www.papyrus-uk.org/hopelineuk](http://www.papyrus-uk.org/hopelineuk)

A specialist telephone service that gives non-judgemental support, practical advice and information to young people.

- **Hub of Hope**

[www.hubofhope.co.uk](http://www.hubofhope.co.uk)

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

- **Kooth**

[www.kooth.com](http://www.kooth.com)

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

- **London Lesbian and Gay Switchboard**

<https://switchboard.lgbt/>

National service for anyone needed support regarding their sexuality. Information, advice, listening and referral. 0300 330 0630

- **Mencap**

Phone: 0808 808 1111

[www.mencap.org.uk](http://www.mencap.org.uk)

Provides information and advice for people with a learning disability, their families and carers.

- **Mental Health Foundation**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

UK charity dedicated to finding and addressing the sources of mental health issues.

- **Mind**

[www.mind.org.uk](http://www.mind.org.uk)

Telephone: 0300 123 3393 (Weekdays 9:30 – 17:00)

Text: 86463

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

National mental health charity, which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind Associations.

- **MindEd**

<https://www.minded.org.uk>

MindEd is a free educational resources on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child, including e-learning resources for professionals and volunteers.

- **Muslim Youth Helpline**

[www.myh.org.uk](http://www.myh.org.uk)

0808 808 2008 Freephone

Offers support to young Muslims in distress. Email support, helpline and online internet counselling.

- **NHS Choices**

[www.nhs.uk](http://www.nhs.uk)

The NHS Choices website has useful webpages containing information about all aspects of health. You can call 111 when you need medical help fast but it is not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

- **NHS Go**

[www.nhsgo.uk](http://www.nhsgo.uk)

NHS confidential health advice and support for 16–25 year olds. Download the app to your phone.

- **No Panic**

Phone (ages 13–20): 0330 606 1174

[www.nopanic.org.uk/no-panic-youth-hub](http://www.nopanic.org.uk/no-panic-youth-hub)

A charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).

- **OCD**

[www.ocdyouth.org](http://www.ocdyouth.org)

Email: [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)

Youth Support for young people with obsessive-compulsive disorder (OCD).

- **On My Mind**

[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)

Information for young people to make informed choices about their mental health and wellbeing.

- **Refuge**

Phone: 0808 200 0247

[www.refuge.org.uk](http://www.refuge.org.uk)

Help and support for young people affected by domestic violence.

- **Relate**

[www.relate.org.uk](http://www.relate.org.uk)

Professional, confidential, relationship support.

- **Rethink Mental Illness**

Phone: 0300 500 0927 (Mon–Fri)

[www.rethink.org](http://www.rethink.org)

Support and advice for people with mental health problems and their friends and families.

- **Safeline**

Phone: 0808 800 5007

[www.safeline.org.uk](http://www.safeline.org.uk)

Text: 0786 002 7573

Young people's helpline, helping survivors of sexual abuse and rape.

- **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Telephone: 116 123 (any time)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Address: Chris, PO Box 9090, Stirling, FK8 2SA

If you are deaf or hard of hearing use the single national minicom number 08457 90 91 92

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.

- **Shelter**

[www.shelter.org.uk/youngpeople](http://www.shelter.org.uk/youngpeople)

A charity working for people in housing need by providing free, independent, expert housing advice.

- **STEM4**

[www.stem4.org.uk](http://www.stem4.org.uk)

Email: [enquiries@stem4.org.uk](mailto:enquiries@stem4.org.uk)

STEM4 aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage.

- **Rethink Mental Illness**

[www.rethink.org](http://www.rethink.org)

Telephone: 0300 5000 927 (Weekdays 9:00 – 16:00)

Email: [info@rethink.org](mailto:info@rethink.org) / [advice@rethink.org](mailto:advice@rethink.org)

Rethink is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

- **The Association for Young People's Health (AYPH)**

[www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk)

Telephone: 0207 922 7715

A charity and membership forum, creating a focus for everyone working in the field of young people's health across the UK, to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs.

- **The Mix**

Phone: 0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

Support and advice for under 25s, including webchat.

- **The Royal College of Psychiatrists**

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

The Royal College of Psychiatrists' website includes readable and well-researched information about mental health for the public, with information for parents, teachers and young people.

- **Time to Change**

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

Download resources to raise awareness of mental health stigma and find out more about mental health.

- **Victim Support**

Phone: 0808 168 9111

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Support for victims of crime.

- **Voice Collective**

Phone: 020 7911 0822

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

A UK-wide project that supports children and young people who hear voices, see visions, and have other 'unusual' sensory experiences.

- **Wellness Recovery Action Plan (WRAP)**

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

- **Women's Aid**

Phone: 0808 200 0247

[www.womensaid.org.uk](http://www.womensaid.org.uk)

A 24-hour national domestic violence helpline.

- **YoungMinds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Telephone: 0808 802 5544 (Weekdays 9:30 – 16:00)

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

- **Young Stonewall**

Phone: 0800 050 2020

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

Information and support for all young lesbian, gay, bi and trans people.

- **Youth Access**

Phone: 020 8772 9900

[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

Information on youth counselling

## **Resources and advice for supporting children and families around COVID-19**

### **Emotional Wellbeing for children and young people**

- During this time, many of us may be experiencing a range of emotions. To support young people with this, Young Minds have released this information: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- You may also find information on the following website particularly useful. The Young Minds A-Z covers a wide-range of areas including anxiety, anger, gender identity, divorce, self-esteem and much more. It is available via the website or via the direct link below: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>
- Please note there is also a Parent Contact section that includes a telephone number as well as contact form: <https://youngminds.org.uk/contact-us/>
- Try the BBC's ['Seven Techniques for Helping Kids Keep Calm'](#)



## Talking to children and young people around COVID-19

We appreciate that this can be difficult when as adults we do not have the answers ourselves. Here are some examples of useful guidance about how to talk with children and young people about COVID-19.

- The British Psychological Society website: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- MIND publication: <https://www.mind.org.uk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>
- The UNICEF website: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
- Mencap website: <https://www.mencap.org.uk/advice-and-support/health/coronavirus>

These are some strategies that may be helpful to support children and young people's self-care at the current time.

For those children and young people who may struggle to understand the current situation and may be feeling anxious there are a range of social stories about coronavirus.

### Coronavirus social stories

- <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>
- Elsa Support Corona stories: <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>
- Online social story <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VIKnA25b8Gi53N6YiFlEKB9Vx0LQypSPYzzg>

Below are some useful videos to support children and young people to understand coronavirus, targeted at a different age group.

### Videos

- A Newsround clip\_Video, useful for Y1 – Y7 <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

- For older children/adults, by WHO:  
<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>