**Helplines and Resources for Parents and For Young People**

**Red for parents to help their child**

**Green for parent’s own help**

**Purple for child to get help**

**YoungMinds Parents Helpline –** is a free helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a young person up to 25.

Parent’s Helpline number is 08088025544 **Monday - Friday 9:30am - 4:00pm.**

**JUST ONE NORFOLK** **–** [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)

You can call to discuss support for your child. You can also visit their website where they have further advice and guidance around supporting self-harm.

Call 0300 300 0123.

**THINK NINJA** **–** [www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

An app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

**MENTALLY HEALTHY SCHOOLS** They have numerous helpful documents in their resources section regarding self-harm. [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

**CHARLIE WALLER MEMORIAL TRUST** This organisation has helpful documents that can be downloaded for parents around managing mental health and support.

Call [01635 869754](tel:+441635869754) 9am and 5pm, Monday to Friday

**Shout 85258 –** is a free 24/7 text messaging support service for anyone struggling to cope.

**Papyrus –** a charity aimed at preventing young suicides.

Helpline called **HOPELineUK** - 08000684141

**Get Connected –** a free service for young people under 25, who need help.

Helpline - 08088084994

**NSPCC** – volunteers able to talk to children regarding any abuse.

Helpline – 08001111

**adhdnorfolk.org.uk –** getting access to information and support for those living with ADHD.

[enquiries@adhdnorfolk.org.uk](mailto: enquiries@adhdnorfolk.org.uk)

Phone – 01263 734808

**autism-anglia.org.uk**. Autism Anglia is an independent charity that provides care and support to autistic children, adults, and their families in East Anglia. Personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities. **All us:** [**01206 577678**](tel:+44%201206%20577678)

Phone – 01206 57767

**nopanic.org.uk No Panic –** offers advice, support and help for people living with phobias, OCD and any other anxiety disorders.

Phone – 03007729844 every day, 10.00am – 10.00pm 365 days of the year.

**anxietyuk.org.uk** - offer an extensive range of support services designed to help control  anxiety rather than letting it control you.

Help line – 03444 775 774 text support 07537 416 905 open Mon –Fri 9.30-17.30

**wellbeingnhands.co.uk** – tosupport anxiety and depression

Call:**0300 123 1503\*** Lines open Monday to Friday (excluding Bank Holidays)

from 9 am to 5 pm.

Email us at: **admin@wellbeingnandw.co.uk**

**norfolkandwaveyenmind.org.uk**

Whether it’s you, someone in your family, a friend or a work colleague, we are here to support you.

Call us on[**0300 330 5488**](callto:03003305488)**- Option 1** where you will be met by a Recovery Triage Operator who will support you to find the service or intervention that is right for you.  
   
If we can’t offer a service to meet your needs, we will work with you to find a service that is right for you.  
  
Our phone line is open Monday to Friday (except for bank holidays) between 9.00am and 4.00pm

**asdhelpinghands.org.uk**  Offer guidance, practical advice and support whether you are personally affected or you are an associated family member, carer, friend or professional. We will actively champion the rights of all people affected by an ASD.

Call - 01362685860

**annafreud.org** **Our Parents and Carers resources offer advice and guidance to help support the children and young people who may be struggling with poor mental health.**

**Email info@annafreud.org**

**Call – 020 7794 2313**

[(0)20 7794 2313](tel:02077942313)  
E: [info@annafreud.org](mailto:info@annafreud.org)

**nelsonsjourney.org.uk** - supports children and young people in Norfolk with their bereavement needs, helping to them to understand and cope with their feelings.

Call - [01603 431788](tel:01603431788)

**childbereavement.org.uk** We support children and young people when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Helpline on [0800 02 888 40](tel:08000288840)

**map.uk.net** - to help young people find their way with help for lots of different things including mental health. email [advice@map.uk.net](mailto:advice@map.uk.net),

Phone 0800 0744454

**communitydirectory.norfolk.gov.uk –** web site to find all services to support you in the area you live.

**If you need help urgently:**

* If you need an emergency service dial **999**
* If you are feeling unsafe, distressed, or worried about your mental health call 111.
* If you feel you are in crisis, experiencing feelings of despair, or are suicidal, contact the [**Samaritans**](http://samaritans.org/) on **116 123**
* You can also call your GP