

Mental health support resources for young people



List of mental health support resources available across Newham.



Bounceback online promotes positive wellbeing and resilience in young people from home.

bouncebacknewham.co.uk

YOUR TIME

Offers support for young people who are affected by the uncertainty the coronavirus pandemic brings to their daily lives.

02033739983

your.time@newham.gov.uk



Safe and anonymous online counselling and support for young people.

<https://www.kooth.com/>

Available weekdays 12-10pm

YOUNGMINDS

Offering mental health support for young people around bullying, body image and more.

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

08088025544 available weekdays 12-10pm

24/7 crisis messenger: text YM to 85258

SAMARITANS

Provides confidential emotional support for anyone who is struggling to cope.

www.samaritans.org

Available 24hrs a day, 7 days a week

Call 116 123, text 07725909090



Support for young people suffering from an eating disorder or experiencing any symptoms.

beateatingdisorders.org.uk

Available 9am-8pm weekdays, 4pm-8pm

weekends. Call 0808 801 0711



Private and confidential service where young people can talk about anything 24/7.

childline.org.uk

08001111



Support for young people dealing with suicide, depression, or emotional distress.

Papyrus-uk.org

Weekdays 10am-10pm, weekends 2pm- 10pm

Call 08000684141 text 0778609697



Provides support to young people affected by abuse and those living in care.

barnardos.org.uk



Provides support at the point of crisis for young people who need emotional support and signposting.

myh.org.uk/helpline 08008082008

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Supports young people with understanding and looking after their mental health and wellbeing.

www.mind.org.uk

Call **03001233393** text **86463**

Available weekdays 9am-6pm



Under 25's helpline for any challenges young people might be facing

www.themix.org.uk

Text: **THEMIX** to **85258** anytime

Call: **0808 808 4994** 7 days a week 4pm to 11 pm



Newham talking therapies offers a range of free and confidential talking therapies and specialist support to help you feel better.

<https://www.newhamtalkingtherapies.nhs.uk/>

Self referrals: **020 8475 8080** Monday to Friday 9am-5pm or online form.



STUDENTS AGAINST DEPRESSION

Advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

<https://www.studentsagainstdepression.org/>



Offers information, advice and resources to help young people support their own mental health.

<https://www.annafreud.org/on-my-mind/>

0207742313

info@annafreud.org



Provides support for those suffering from anxiety disorders.

anxiety.org.uk

08444775775 Available weekdays 9:30am-5:30pm or text **07537416905**

CALL 999 FOR EMERGENCIES

For more support and helplines, please visit <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

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