

Support agencies and websites ; Mental health and Wellbeing

Helplines

- Samaritans 116 123
- Childline 0800 1111
- This number is free to call 24 hours a day Papyrus Helpline ; prevention of suicide 0800 068 4141 Free confidential advice. This number is free to call 24 hours a day
- NSPCC 08088005000
- National Domestic Violence Helpline 08082000247

Websites Helpline

www.kooth.com Free, safe and anonymous online counselling support for young people

www.togmind.org – MIND charity

youngminds.org.uk

healthyyoungmindspenine.nhs.uk

LGBT Outloud Tameside – The Proud Trust www.theproudtrust.org

Advice and guidance for adults Change Grow Live ; Drugs/Alcohol Teens/adults ; 0161 672 9420

‘On My Mind’ – Anna Freud website for young people and families – Mental health

‘Every Mind Matters’ – Mental health and wellbeing – Sleep and self care

Phone apps Helpline

www.childline.org.uk/toolbox/for-me/Headspace

Calmzone

www.meetwo.co.uk

calmharm ; app

SAM anxiety app

DAYLIO low mood app

Counselling ; phone/zoom Websites

The Talk Shop –The Antony Seddon Centre 0161 376 4439

www.tasfund.org.uk/talk-shop-children-young-people

‘Off The Record ‘ Phone counselling

0161 355 3553 MIND Charity www.mind.org.uk

www.thinkuknow.co.uk online safety website

www.thinkuknow.co.uk CEOP – online child protection www.childnet.com.

Online safety

www.childmind.org.uk

Bereavement support Online safety support

www.winstonswish.org

www.childbereavementuk.org

www.cruse.org.uk

www.nhs.uk