

Health and Wellbeing Contact Details

Name	Brief Description	Contact Details
Young Minds Parentline	Offers information and advice to anyone worried about a child or young person under the age of 25.	0808 802 5544
Anxiety UK	Live chat and email support for children / young people experiencing anxiety.	www.anxietyuk.org.uk
Anna Freud National Centre for Children and Families	This is a children's charity dedicated to providing training and support for child mental health services.	www.annafreud.org
Coap	Support (including online counselling) for children/ young people affected by a parental addiction.	www.coap.org.uk
Get Connected	Support and signposting for young people under the age of 25. Telephone, email, text and webchat support.	www.getconnected.org.uk
Madly in Love	Mental Health and relationships, including real stories and advice.	www.madlyinlove.org.uk

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Mind	A national mental health charity providing lots of information and advice around mental health.	www.mind.org.uk
Mindful	An online based service for young people aged 11-17 providing support, information and advice. (online chatroom)	www.mindful.org
Young Minds	Young Minds is a UK-wide charity committed to improving the emotional wellbeing and mental health of children and young people.	www.youngminds.org.uk