

Support for: Pupils



Kooth

Free, safe, anonymous support for your mental health and wellbeing.



www.kooth.com

Online and they have an app too.

Young Minds

This is the UK's leading charity committed to improving the emotional well-being and mental health of children and young people.



www.youngminds.org.uk

If you are a young person struggling to cope, text YM to 85258 for free, 24/7 support.

Childline

A counselling service for children and young people up to their 19th birthday in the UK provided by the NSPCC.



www.childline.org.uk

0800 1111

Frank

Provides facts, support and advice on drugs and alcohol.



www.talktofrank.com

0300 123 6600 24 hours a day, 7 days a week

Child Bereavement UK

Providing information and support to families when a child is bereaved.



www.childbereavementuk.org

0800 02 888 40

Samaritans

A registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope.



www.samaritans.org

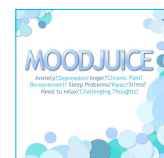
Call 116 123

Moodjuice

Offers information and advice to those experiencing troublesome thoughts, feelings and actions.

www.nhsinform.scot/illnesses-and-conditions/mental-health

NHS helpline 0800 22 44 88



For even more help, support and resources:

Police

For immediate danger call 999

For non-emergencies call 101

Crime Stoppers (anonymous and safe)
0800 555 111

CAMHS (Children & Adolescent Mental Health Service)

Resources www.camhs-resources.co.uk

Websites www.camhs-resources.co.uk/websites

Apps www.camhs-resources.co.uk/apps-1

Downloads This is a collection of downloadable self-help guides that we really like and hope may be useful to you. Some are aimed at adults but the ideas and suggestions in them can still be relevant for young people and parents. If you click on the image, it will automatically download the PDF from its source and the credit will link to the originator's main website. To do this, start by clicking on the link - www.camhs-resources.co.uk/downloads