



Signposting to Further Support For Children and Young People

- Young Minds <https://youngminds.org.uk/>
The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm).
- The Mix <https://www.themix.org.uk/get-support/speak-to-our-team>
08088 084994
Essential mental health support for Under 25's, 1:1 online chat, crisis messenger service and helpline.
- Kooth <https://www.kooth.com/>
Kooth is the UK's leading mental health and wellbeing platform. It is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
- Papyrus <https://papyrus-uk.org/>
Papyrus provide confidential support and advice to anyone under the age of 35 struggling with thoughts of suicide and anyone worried about a young person through their helpline, HOPELINEUK – Call 0800 068 4141, Text 07860039967, Email pat@papyrus-uk.org (9am – 10pm, Mon – Fri, 2pm – 10pm Sat and Sun).
- ChildLine <https://www.childline.org.uk/>
ChildLine is a service to help anyone under 19 in the UK with any issue they're going through. Call ChildLine free on 0800 1111 or speak to a counsellor online.

For parents and school staff

- Qwell <https://www.qwell.io/index.html>
Qwell offers adults flexile therapeutic support free at the point of access. It is an online counselling and emotional wellbeing service providing adults with early intervention support.
- Samaritans <https://www.samaritans.org/how-we-can-help/support-and-information/ifyoure-having-difficult-time/if-youre-worried-about-your-mental-health-duringcoronavirus-outbreak/>
Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline. Call 116 123.
- Mind <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
<https://www.mind.org.uk/information-support/support-community-elfriends/>
Mind is a UK Mental Health charity providing information and advice on a range of mental health topics and an online mutual support community (elfriends). They offer an information and signposting service, open 9am to 6pm, Monday to Friday, 0300 123 3393.

- Education Support <https://www.educationsupport.org.uk/>
Education Support provide mental health and wellbeing support services to all education staff and organisations via online resources and a free 24/7 confidential helpline, call: 08000 562 561, text: 07909 341 229 providing support through counselling, coaching, information and signposting.

- MindEd <https://www.minded.org.uk/>
MindEd is a free educational resource, providing advice and information from trusted experts on children's and young people mental health. MindEd is suitable for all adults working with, or caring for, infants, children or teenagers; all the information provided is quality assured by experts, useful, and easy to understand. We aim to give adults who care for, or work with, young people the knowledge to support their wellbeing, the understanding to identify a child at risk of a mental health condition and the confidence to act on their concern and, if needed, signpost to services that can help.

- NSPCC <https://www.nspcc.org.uk/>
The NSPCC run dedicated helplines for those who want to reporting child abuse and neglect, or are worried about a child and not sure what to, call NSPCC on 0808 800 5000.

Family Pressures

- Family Lives <https://www.familylives.org.uk/>
Family Lives is a national family support charity providing help and support to families who are struggling. They offers emotional support, information, advice and guidance on any aspect of parenting and family life via email (askus@familylives.org.uk), phone (call 0808 800 2222, open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday) and online forums.

- Family Action <https://www.family-action.org.uk/>
Family Action works to tackle some of the most complex and difficult issues facing families today – including financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems. Family members aged 18+ can contact the service for free via telephone text message, web chat or email, open 9am to 3pm and 6pm and 9pm. Telephone: 0808 802 6666, Text Message: 07537 404 282, Email: familyline@family-action.org.uk. If out of operation hours, they also offer a crisis messenger service by texting FAMILYACTION to 85258.

- Gingerbread <https://www.gingerbread.org.uk/>
<https://www.gingerbread.org.uk/what-we-do/contact-us/helpline/>
Gingerbread are the leading charity providing advice and practical support for single parent families. They have an online forum and a free and confidential helpline, call 0808 802 0925 (check website for opening times).

Anxiety

- Anxiety UK <https://www.anxietyuk.org.uk/coronanxiety-support-resources/>
03444 775774, Text service: 07537 416905 Helpline, blogs and webinars to support adults with anxiety around COVID-19.

- No Panic <https://nopanic.org.uk/>
No Panic provide support for individuals who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders and their families with online resources and additional support available over email (sarah@nopanic.org.uk) and their helplines: Helpline – 0844 967 4848 – 10am – 10pm everyday (please note this is not a free phone number). Youth Helpline – 0330 606 1174 – for 13 to 20 year olds (see website for opening times)

Special Educational Needs

- WellChild <https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-andcarers/>
Helpful information specifically for parents and carers of children with complex medical needs.
- MENCAP <https://www.mencap.org.uk/onlinecommunity>
<https://www.mencap.org.uk/advice-and-support/our-services/learningdisability-helpline>
MENCAP offer advice and support for people with a learning disability, and their families and carers, through its online community forum and free phone helpline, 0800 808 111, Mon to Fri, 9am to 3pm

Bereavement Support

- Child Bereavement UK <https://www.childbereavementuk.org/>
08000 288840
Information and helpline providing confidential support, information and guidance to families and professionals affected by bereavement.
- Winston's Wish <https://www.winstonswish.org/>
08088 020021
Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19). Winston's Wish can provide advice and support to parents, teachers and anyone who is supporting a grieving child.
- Cruse <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>
08088 081677
Resources and helpline to support individuals dealing with bereavements related to the coronavirus.

