

EMOTIONAL WELLBEING AND MENTAL HEALTH – GENERAL SUPPORT

Anna Freud Foundation



We nurture and protect children and young people by developing support for infants, children, young people and their families. We provide an evidence base to identify effective interventions for children, young people and their families and develop resources based on our findings.

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

020 7794 2313

Email: info@annafreud.org

Childline



Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors.

childline.org.uk




0800 1111

Good Thinking



London's digital wellbeing service. Range of resources for young people to help improve mental wellbeing including free NHS-approved apps.

<https://www.good-thinking.uk/>

Kooth		
<p>Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.</p>		
kooth.com		
Time to change		
<p>Time to Change was a social movement to change the way people think and act about mental health problems. They work to end mental health stigma and discrimination.</p>		
time-to-change.org.uk (England) timetochangewales.org.uk (Wales)		
YoungMinds		
<p>We nurture and protect children and young people by developing support for infants, children, young people and their families. We provide an evidence base to identify effective interventions for children, young people and their families and develop resources based on our findings.</p>		
https://www.youngminds.org.uk/		

<p>Youth Access</p>		
<p>Advice and counselling network for young people, including details of free local services.</p>		
<p>youthaccess.org.uk</p>		
<p>EMOTIONAL WELLBEING AND MENTAL HEALTH – SUPPORT TO THOSE FROM A BAME BACKGROUND</p>		
<p>Borderline Support</p>		
<p>There are organisations that provide support services specifically to people from a Black, Asian or Minority Ethnic background. We use BAME as an inclusive term for people who don't identify as white – this includes people who are mixed race, asian or from a wide range of ethnic, religious and cultural backgrounds.</p>		
<p>https://borderlinesupport.org.uk/bpd-support/bame/</p>		
<p>EMOTIONAL WELLBEING AND MENTAL HEALTH – PANIC ATTACKS AND OCD</p>		
<p>No Panic</p>		
<p>Charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).</p>		
<p>nopanic.org.uk/no-panic-youth-hub</p>	<p>0330 606 1174</p>	

EMOTIONAL WELLBEING AND MENTAL HEALTH – EATING DISORDERS

Beat



Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

beateatingdisorders.co.uk

0808 801 0711
(youthline)
0808 801 0811
(studentline)

EMOTIONAL WELLBEING AND MENTAL HEALTH – DRUGS

FRANK



Confidential advice and information about drugs, their effects and the law.

talktofrank.com

0300 123 6600

EMOTIONAL WELLBEING AND MENTAL HEALTH – VICTIM SUPPORT

Victim Support



Provides emotional and practical support for people affected by crime and traumatic events.

victimsupport.org.uk

0808 168 9111

EMOTIONAL WELLBEING AND MENTAL HEALTH – LGBTQ+

Young Stonewall



Information and support for all young lesbian, gay, bi and trans people.

youngstonewall.org.uk

0800 050 2020

EMOTIONAL WELLBEING AND MENTAL HEALTH – DOMESTIC VIOLENCE

Refuge



Help and support for young people affected by domestic violence.

refuge.org.uk

0808 200 0247

EMOTIONAL WELLBEING AND MENTAL HEALTH – BEREAVEMENT

Hope Again



Support for young people when someone dies.

hopeagain.org.uk

0808 808 1677

EMOTIONAL WELLBEING AND MENTAL HEALTH – CRISIS

Shout



Confidential 24/7 crisis text support for times when immediate assistance is required.

<https://giveusashout.org/get-help/>

Text "SHOUT"
to 85258

EMOTIONAL WELLBEING AND MENTAL HEALTH – RISK OF SUICIDE

Papyrus HOPELINEUK



Confidential support for under-35's at risk of suicide and others who are concerned about them. Open daily from 9am–midnight.

papyrus-uk.org

0800 068 41 41
07860 039967
(text)

pat@papyrus-uk.org

Samaritans



Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

samaritans.org

116 123
(freephone)

jo@samaritans.org