

MENTAL HEALTH SUPPORT HELPLINES

Key services for students and staff to contact.



CAMHS

Child and Adolescent
Mental Health Services

FOR: CHILDREN AND YOUNG PEOPLE UNDER THE AGE OF 18 /
PARENTS/CARERS

All children and young people struggling with their mental health can call the helpline for advice and support. Parents, carers and families or professionals with concerns about a young person's mental health can also call the number.

CONTACT 24 HOUR GENERAL ENQUIRIES on **020 3228 6000**.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is the free helpline and online service for children and young people in the UK. You can call 0800 1111 or visit the website to talk to a trained counsellor about any problem, or talk to other young people via their message boards. www.childline.org.uk

kooth

Kooth is a FREE online service offering emotional and mental health support for children and young people.

www.kooth.com

THE MIX

The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

✉ Text THEMIX to [85258](https://www.themix.org.uk) www.themix.org.uk

YOUNG MINDS

fighting for young people's mental health

Young Minds is the UK's leading charity fighting for children and young people's mental health.

✉ Text YM to [85258](https://www.youngminds.org.uk) www.youngminds.org.uk

Helplines and support for key issues

Anxiety

AnxietyUK
<https://www.anxietyuk.org.uk>

Bereavement


<https://www.stchristophers.org.uk/candle>

Eating Disorders


<https://www.beateatingdisorders.org.uk>

Drugs and Alcohol

FRANK
<https://www.talktofrank.com>

LGBTQ+

LGBT foundation
<https://lgbt.foundation>

OCD

OCD UK
<https://www.ocduk.org>

Self-Harm


<https://thewishcentre.org.uk>

Suicidal Thoughts


<https://www.papyrus-uk.org>



For more information and guidance on mental health, please check out www.mind.org.uk

You are not alone!

