

Youth Agencies for Emotional Support

For depression

Young Minds www.youngminds.org.uk Helpline: 0808 802 5544

This is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers. You can email to parents@youngminds.org.uk

YoungMinds Parents' Helpline: 0808 802 5544 (Monday to Friday 9.30am -4pm) or email parents@youngminds.org.uk or chat online (Monday to Friday 11am to 1pm)

Mindfull www.mindfull.org

This is a brilliant service aimed at 11-17 year olds, providing support and information and advice regarding mental health and emotional health and wellbeing. Mindfulness is an online service and is available 24 hours a day.

Childline www.childline.org.uk Tel: 0800 111

Emotional support for children and young people on issues relating to child abuse, bullying etc

Kooth <https://kooth.com/>

This is a free online counselling service. Students sign in anonymously and can talk online (only) or read articles regarding wellbeing issues. Available 365 days of the year 12-10pm.

Get Connected www.getconnected.org.uk

Tel:0808 808 4994 Text 80849

This is a free telephone and email helpline that can connect a child or young person to any UK helpline where appropriate

Talk Don't Walk www.therelationshipscentre.co.uk / talkdontwalk

Helpline:01925 246 910

Support and advice for young people who have run away from home or are thinking of running away from home or care

Self harm and suicide

All of the above as well as:

Charlie Waller Memorial Trust www.cwmt.org

Awareness, information and resources for those who are depressed

Samaritans www.samaritans.org Tel: 0845 790 9090 (any time)

24 hour helpline offering emotional support for people who are experiencing feelings of distress or despair or thinking about suicide

PAPYRUS www.papyrus-uk.org

Parent Association for the prevention of young suicide

Harmless www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self harm including support, training and consultancy to people who self harm, their friends, families and professionals

This is a charity aimed at supporting young people aged between 11 and 19. It provides a safe space to talk, ask questions and be honest about what's going on in life.

SNAP – LBGTQ Youth Group and mental and sexual wellbeing

www.metrocentreonline

<https://mermaidsuk.org.uk/>

Support regarding gender diversity

Other areas of mental health and emotional wellbeing:

Anxiety

Anxiety UK www.anxietyuk.org.uk Tel: 08444 775 774

Helps all those suffering from anxiety disorders. Section on young people and anxiety

No Panic www.nopanic.org.uk Tel: 0808 138 8889 (10am -10pm every day)

Helpline for anxiety disorders, panic attacks etc. Provides advice, counselling, listening, befriending and can make referrals.

CBT online www.getselfhelp.co.uk

Eating disorders

Anorexia and Bulimia Care (ABC) www.anorexiabulimiare.org.uk

This organisation supports sufferers, their family and their friends towards full recovery.

Bereavement

Winston's Wish –for bereaved children and their families

www.winstonswish.org.uk

08452 03 04 05 (2p per minute)

Al-anon – support for relatives and friends of alcoholics

www.al-anonuk.org.uk

0207 403 0888

Alateen – support for children of alcoholic parents (ages 12-17)

0207 593 2070 (part of Al-anon)

NACOA (National Association for Children of Alcoholics)

www.nacoa.org.uk

0800 358 3456 (freephone)

FRANK –information and confidential advice regarding drugs

www.talktofrank.com

0300 123 6600 live chat 2-6pm