

**A selection of websites available with information
and support on mental health for children & young people:**

- **Barnardo's** – www.barnardos.org.uk; A charity that works with families and children in many ways including counselling, support for young carers and children affected by exploitation.
- **CALM** www.thecalmzone.net
CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
Telephone: 0800 58 58 58 (daily, 5pm to midnight)
- **ChildLine** – www.childline.org.uk; A free and confidential service dedicated for children and young people up to the age of 19. ChildLine also offers an online confidential live one-to-one chat. Helpline: 0800 1111.
- **Children's Society** – www.childrenssociety.org.uk; Guidance and support for young carers who are forced to grow up early and miss out on the same opportunities as other children.
- **Flourish YouTube Channel** – www.youtube.com/c/flourishwithus; A channel created to promote good mental health to those aged 10-19. With a variety of videos from bereavement, anxiety, motivation, healthy relationships, etc.
- **Kids Health** – www.kidshealth.org; General information about physical and emotional wellbeing for children.
- **KOOTH** – www.kooth.com; Free, safe and anonymous online counselling support for young people.
- **Mind** – www.mind.org.uk; A national mental health charity that provides comprehensive information and support on all mental illness. Helpline: **0300 123 3393**.
- **National Institute of Mental Health** – www.nimh.nih.gov; Comprehensive information on mental health conditions across all ages.
- **National Society for the Prevention of Cruelty to Children (NSPCC)** – www.nspcc.org.uk; Offers information to adults who are concerned about the safety or welfare of a child. Helpline: 0808 800 5000.
- **PAPYRUS** <https://www.papyrus-uk.org/>
Young suicide prevention society.
Telephone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)
- **Samaritans** – www.samaritans.org; Offers confidential, 24-hour emotional support to anyone in crisis. Helpline: 116 123 (UK).
- **Switchboard**- <https://switchboard.lgbt/> | Tel: 0300 330 0630 (10am-10pm every day)
| Email: chris@switchboard.lgbt Confidential support and information for the lesbian, gay, bi, and trans community.
- **Time-To-Change** – www.time-to-change.org.uk/; Information aimed to educate young people and adults experiencing difficulties with their mental health.
- **Winston's Wish** <https://www.winstonswish.org/> | Freephone helpline: 08088 020 021
Provides specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.
- **YoungMinds** – www.youngminds.org.uk; Provides information and advice on child mental health issues. Offers a helpline specifically for parents: 0808 802 5544 (Monday - Friday, 9:30am - 4pm).

[A selection of websites available with information
and support on mental health for parents and carers](#)

- 1) Anxiety UK www.anxietyuk.org.uk
Charity providing support if you have been diagnosed with an anxiety condition.
Telephone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)
- 2) Bipolar UK www.bipolaruk.org.uk
A charity helping people living with manic depression or bipolar disorder.
- 3) CALM www.thecalmzone.net
CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
Telephone: 0800 58 58 58 (daily, 5pm to midnight)
- 4) Men's Health Forum www.menshealthforum.org.uk/beatstress.uk
24/7 stress support for men by text, chat and email.
- 5) Mental Health Foundation www.mentalhealth.org.uk
Provides information and support for anyone with mental health problems or learning disabilities.
- 6) No Panic: www.nopanic.org.uk
Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.
Telephone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge.
- 7) OCD Action: www.ocdaction.org.uk
Support for people with OCD. Includes information on treatment and online resources.
Telephone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge.
- 8) Rethink Mental Illness: www.rethink.org
Support and advice for people living with mental illness.
Telephone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)
- 9) Samaritans www.samaritans.org/
Confidential support for people experiencing feelings of distress or despair.
Telephone: 116 123 (free 24-hour helpline)
- 10) Refuge www.refuge.org.uk
Advice on dealing with domestic violence.
Telephone: 0808 2000 247 (24-hour helpline)
- 11) Alcoholics Anonymous www.alcoholics-anonymous.org.uk
A free self-help group. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups.
Telephone: 0800 917 7650 (24-hour helpline)
- 12) Alzheimer's Society www.alzheimers.org.uk
Provides information on dementia, including factsheets and helplines.
Telephone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)
- 13) Cruse Bereavement Care www.cruse.org.uk/home
Telephone: 0808 808 1677 (Monday to Friday, 9am to 5pm)