

# MENTAL HEALTH & WELLBEING SUPPORT

## LOCAL SUPPORT



### [Hub of Hope](#)

Find a list of local services on your phone using 'Hub of Hope'. The [Hub of Hope](#) is a search engine that will help you locate mental health services in your local area.

### [Children and Young People's Health and Wellbeing](#)

→ 01905 768053

By accessing this, parents can be signposted to community support in their own community so that support is sustainable and bespoke for the families in your school's community.



### [Starting Well Partnership](#)



**Starting Well Partnership**  
EVERY CONTACT SHAPES A LIFE

The Starting Well service has a parenting and community team that can offer online and telephone support for parents, as well as parenting courses.

The parenting team can offer 1-1 parenting advice over the phone as well as virtual parenting groups around issues such as support with children's behaviour, anxiety, eating and sleeping routines etc, and can also signpost to agencies that can support parents in their own community.

The school nursing service can remain in contact with primary, middle and high schools via phone and email. They are providing a Chat health texting service for young people and can also provide consultations via WebEx. The school nurse team can also offer a call or WebEx monthly session for all vulnerable families.

# MENTAL HEALTH SERVICES

Child and Adolescent Mental Health Services

[CAMHS - I am worried about my child](#)



[Healthy Minds](#)

NHS Talking Therapies

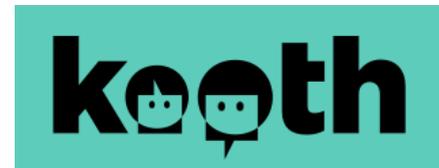
# ANXIETY & DEPRESSION

[Kooth - A judgement free forum to get advice, help others and share your story](#)

On-line emotional wellbeing support and counselling for children and young people (11-25yrs). Accessible through mobile, tablet and desktop. Kooth can support with relationships, bullying, eating disorders self-harm and general health.

Free, safe and anonymous.

Minimal waiting times. 12pm – 10pm Monday – Friday, 6pm – 10pm Saturday and Sunday.



[Childline](#)

You can contact Childline about anything and find useful helpful advice.

→ 📱 0900 1111, login online for a 1-1 chat or send an email.

**childline**

ONLINE, ON THE PHONE, ANYTIME



[Family Lives](#) offers a confidential and free\* helpline service for families in England (previously known as Parentline).

→ 📱 0808 800 2222

Please call for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again.

# CRISIS SUPPORT

## Shout

Providing urgent mental he

- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

**shout**  
85258



## Young Minds - find help

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

- For urgent help, text YM to 85258.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

## Papyrus UK Suicide Prevention

Papyrus can offer suicide prevent support providing free and confidential helplines, advice, webchats, and resources.

**HOPELINE247**  
0800 068 41 41



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**SAMARITANS**

## Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

**For urgent, non-emergency medical advice call:**

→ **111**

NHS

**NHS** 111 online

Find out about the different ways to get help with your mental health, the process, and your rights. Mental health services are free on the NHS. Your mental health is important and you should get help if you need it.

# SELF-HARM SUPPORT

## [Calm Harm](#)



Calm Harm is an app developed for teenage mental health charity stem4.

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

## [Harmless](#)

Harmless is the national centre of excellence for self harm and suicide prevention. We save lives by providing support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals.



# EATING DISORDERS



## [NHS – How to help someone with an eating disorder](#)

Getting professional help from a doctor, practice nurse, or a school or college nurse will give your friend or relative the best chance of getting better.

## [Teenage Helpline](#)

Information for Teenagers about eating disorders, signs to look out for, where to get help and support.

# TEENAGE HELPLINE



# Beat

Eating disorders

## [Beat Eating Disorders](#)

Whether you're battling an eating disorder or supporting someone who's struggling - we're there with people affected, every step of the way.

## [MIND – Treatment and Support for eating disorders](#)

Getting treatment can help you develop healthy, balanced eating patterns. It can also help you face and cope with any underlying issues. This page has information about different treatment and support options.



# COUNSELLING SUPPORT

## [YMCA - Youth Mental Health Counselling](#)

Youth Counselling Service is available to primary and secondary aged children in Worcestershire. The counselling sessions are made up of six sessions and based within school, community settings or virtual. The Service provides a calm, confidential space to talk with qualified counsellors.



Here for young people  
Here for communities  
Here for you

## [Welcome to Youth Access | Youth Access](#)

### YOUTH ACCESS

YIACS are Youth Information, Advice and Counselling Services, also known as 'early support hubs', providing transformational support for young people all over the UK.

# PANIC ATTACK SUPPORT

[NoPanic](#) - Helping people who suffer with panic attacks



# MEDITATION



[Meditation and Sleep Made Simple - Headspace](#) - Mindfulness tools

# BEREAVEMENT SUPPORT

## [Winston's Wish - giving hope to grieving children](#)

Winston's Wish is a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief.



# LGBTQ SUPPORT

### [LGBT Foundation](#)

National charity delivering advice, support and information for young people. They have a phone helpline for young people, open weekdays 9-9, and weekend 10-6pm – 0345 33030303. You can also email [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)

### [GIDS - Gender Identity Development Services](#)



England's only NHS service for children and young people experiencing difficulties in the development of their gender identity.

## ADDICTION



[Frank:](#) Honest information about drugs

[Al-Anon:](#) We are here for anyone affected by someone else's drinking. Our Helpline is manned by a team of friendly and helpful volunteers who are also members of Al-Anon. They will listen and be happy to answer your questions.



[GamCare:](#) The National Gambling Helpline - We give confidential information, advice and support, free of charge, for anyone affected by gambling harms in England

### [YGam](#)

We are the UK's leading charity dedicated to preventing gaming and gambling harms among young people.

