

Mental Health Support

If you need help or advice regarding mental health issues or need urgent support, there are lots of places you can go to for help. Some are specifically for young people. They are listed here:

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday)

Email: info@mind.org.uk

Web site: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind has around 140 local Minds providing local mental health services.

The Mix

Telephone: 0808 808 4994 (11am-11pm, free to call)

Email: [Helpline email form](#)

Website: www.themix.org.uk/get-support

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, peer to peer and counselling services.

ChildLine

Telephone: 0800 1111

Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

Kooth

Website: <https://kooth.com/confidentiality.html>

A free, safe and anonymous online support for young people. Counsellors are available via a web chat during the following times: Monday – Friday 12pm – 10pm & Saturday – Sunday 6pm – 10pm.

In Charley's Memory

Telephone: 01278 773403 (Monday - Friday 9am – 5pm) or call / text: 07927 017 683

Email: help@incharleymemory.org.uk

Website: <http://www.incharleymemory.org.uk/>

In Charley's Memory is all about making mental health matter for young people, through supporting, awareness, education and improving wellbeing.

Young Minds

Telephone: For Parents 0808 8025544 (Monday – Friday 9.30 am – 4pm)

Email: No email but contact via social media and/or subscribe to newsletters

Website: <https://youngminds.org.uk/>

Young Minds are fighting for a future where all young minds are supported and empowered and making sure they get the best possible mental health support and have the resilience to overcome life's difficulties

If you're a **carer** needing support you can contact all of the above as well as [Carers Direct](#) and the [Princess Royal Trust](#) for Carers, both of whom are able to provide support and advice on any issues affecting you.

If you are a **student** you can always speak to your tutor, your Head of Year or School Counsellor so that we can help you during term time.

What should I do if I'm supporting someone in a crisis?

If the person seems really unwell, and you are worried about their safety, you should encourage them to seek help. [How to support someone in crisis](#)