**Wellbeing Policy**

**APPENDIX C**

**Mental Health – where to find out more**

(other professional services offering support and advice)

**March 2020**

**WHERE TO FIND OUT MORE; whether you’re concerned about yourself, a friend or a loved one, these helplines and support groups can offer expert advice.**

* **ChildLine –** A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems

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

**Phone: 0800 1111 (24 hour service)**

* **NSPCC –** Children’s charity dedicated to ending child abuse and child cruelty.

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

**Phone: 0800 1111for Chlidline for children (24 hour service)**

**0808 800 5000 for adults concerned about a child (24 hour helpline)**

* **Mind –** promotes the views and needs of people with mental health problems

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

**Phone: 0300 123 3393 (Monday to Friday 9am to 6pm)**

* **Mental Health Foundation –**provides information and support for anyone with mental health problems or learning disabilities.

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

**Phone: 020 7803 1100**

* **Samaritans –** confidential support for people experiencing feelings of distress or despair.

<https://www.samaritans.org/>

**Phone:116 123 (free 24 hour service)**

* **Anxiety UK** – charity providing support if you’ve been diagnosed with an anxiety condition

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

**Phone: 03444 775774 (Monday to Friday 9.30am to 5.30pm)**

* **Bipolar UK –** A charity helping people with manic depression or bipolar disorder

<https://www.bipolaruk.org/>

* **Royal College of Psychiatrists (RCPSYCH)** – Provide specifically tailored information for young people, parents, teachers and carers about mental health through their Parents and Youth Info A-Z.

<https://www.rcpsych.ac.uk/>

* **CALM** – the Campaign Against Living Miserable, for men aged 15 – 35.

<https://www.thecalmzone.net/>

**Phone: 0800 58 58 58 (daily, 5pm to midnight)**

* **Men’s Health Forum –** 24/7 stress support for men by text, chat and email.

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

**Phone: 020 7922 7908**

* **Young Minds** – Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25. They also offer a catalogue of resources for commissioning support services.

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

**Parents’ helpline:** 080 802 5544 (Monday to Friday 9.30 – 4pm)

* **MindEd –** provides free e-learning to help adults to identify and understand children and young people with mental health problems. It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young healthy minds.

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

* **Relate –** offers advice, relationship counselling, workshops, mediation, consultations and support face-to-face, by phone and through their website. This includes counselling for any child or young person who is having problems.

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

* **Women’s Aid –** is the national domestic violence charity that works to end violence against women and children and supports domestic and sexual violence services across the country. They provide services to support abused women and children such as ***The HideOut***, a website to help children and young people.

<https://www.womensaid.org.uk/> <http://thehideout.org.uk/>

* **Beat Eating Disorders UK** – provides information on what to do if you’re worried about a friend, family member or pupil, along with how to support someone with an eating disorder.

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

* **Child Bereavement UK** – provides information and resources to support bereaved pupils, schools and staff.

<https://www.childbereavementuk.org/Pages/Category/primary-schools>

* **Young Minds – Young Carers** – information about how to spot if young carers need support, and how to get help.

<https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/>

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| * **Youth Wellbeing Directory** - provides a list of local and national organisations for anyone up to the age of 25 (including teachers helping pupils to find support), along with additional important information and support.
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<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

* **Papyrus –** young suicide prevention society

**Phone: HOPElineUK 0800 068 4141 (Monday to Friday 10am to 5pm & 7pm to 10pm, weekends 2 to 5pm)**

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

* **Amparo –** Charity which can offer immediate pre-inquest support following a possible suicide; help with any media enquiries, practical support dealing with police and coroners, help overcoming the isolation experienced, contacting and signposting to other services.

<https://listening-ear.co.uk/amparo/>

**Phone: 0330 088 9255**

* **SOBS –** survivors of bereavement by suicide, support groups.

<https://uksobs.org/>

**Phone: 0300 111 5056**

* **No Panic** – voluntary charity offering support for suffers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia/OCD. Includes a helpline.

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

**Phone: 0844 967 4848 (daily 10am to 10pm)**

* **Family Lives –** Confidential helpline**.** Advice on all aspects of parenting including dealing with bullying.

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

**Phone: 0808 800 2222 (Monday to Friday 9am to 9pm, Saturday to Sunday 10am to 3pm)**