

Wellbeing Support Services

[Barnardos](#) – Barnardo’s is a children’s charity that protects and supports the UK’s most vulnerable children and young people. New ‘See, Hear, Respond Support Hub’ created specifically for Coronavirus support



[Kooth](#) - Kooth is a free online service offering emotional and mental health support for children and young people, aged 11-25. Users can have a drop-in chat with a counsellor, therapist or book a one-to-one session. They have a monitored online forum and users can also record a journal.



[Rise Above](#) – A website created with and for young people offering help with Well Being.

[Stem4](#) - Stem4 is a website that provides support for positive mental health in teenagers.

[TESS](#) - TESS is a text and email support service that is run by Self Injury Support, which offers help to girls and young women up to 24 in the UK who are affected by self-harm. 0780 047 2908

[Childline](#) - A 24-hour helpline for children and young people to discuss any issues they’re concerned about. 0800 1111



[NHS Choices: Young People and Mental Health](#) - An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

[The Mix](#) - Support and information about how to cope with various issues, whether it’s mental health, money, relationships, finding a job, or drugs. 0808 808 4994

[Time to Change](#) - Time to Change is a growing movement of people changing how we all think and act about mental health.

[Winston’s Wish](#) - A leading childhood bereavement charity offering practical support and guidance to bereaved children, their families and professionals. 08452 03 04 05



[Young Minds](#) - Young Minds is the UK’s leading charity committed to improving the emotional wellbeing and mental health of children and young people. 020 7089 5050

[Mind Ed for Families](#) – Website for advice about young people’s mental health created by experts and parents.



[Action for Children](#) - Action for Children is a charity that provides practical and emotional care and support, for children, young people and their families. 0300 123 2112

[Contact](#) - Contact is a charity that provides help and support for families with disabled children. 0808 808 3555



[Place 2 Be](#) - Place 2 Be is a charity that offers support with improving children’s mental health. 020 7923 5500

[Childhood Bereavement Network](#) - The Childhood Bereavement Network supports young people who have experienced a death. They includes content specific to COVID-19.

[One Space](#) - Website provided by the Mix, Shout and Young Minds to help children and young people find the right mental health support.

[Parent Info](#) - Website providing help and advice for parents regarding the online and digital world.



[Hopeline](#) - Support for young people, or those worried about a young person, considering suicide. 0800 068 41 41

[Frank](#) – TalktoFrank is a service that provides information and advice on drugs and alcohol. 0300 1236600

[Samaritans](#) - Charity that offers free counselling service over the phone or online. 116 123



Children and young people can access free confidential support anytime from voluntary and community sector organisations by texting SHOUT to 85258.

For support with an eating disorder, children and young people can ring Beat’s Youthline on 08088010711.

