**Children and Young People Mental Health Contacts**

**Depression and anxiety:**

Self -help resources and advice. Under 25s: Headscape

<http://headscapebexley.co.uk>

Counselling, support and advice. 11-25years: kooth

<https://Kooth.com>

Supportive community moderated by professionals. Online courses and self -help resources. 16+ years: <https://togetherall.com>

confidential, 24/7 text support service for mental health support: Shout

[www.giveusashout.org](http://www.giveusashout.org) or Text Shout to 85258

Support and counselling service for under 25s: The Mix

[www.themix.org.uk](http://www.themix.org.uk) Helpline: 0808 808 4994

Advice, support and self- help resources. Services include: talking therapies, crisis helpline, drop-in centres, employment and training schemes, counselling and befriending. Over 18s

[www.mindinbexley.org.uk](http://www.mindinbexley.org.uk) **0208 303 8932**

Support and advice for young people. Support and training courses for care givers: Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

National out-of-hours mental health**helpline** offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers 16+ yrs: SANE

[www.sane.org.uk](http://www.sane.org.uk/) 0300 304 7000

Support, advice and resources for those affected by low mood, depression and suicidal thoughts: Students Against Depression

[www.Studentdepression.org](http://www.Studentdepression.org)

Support for Anxiety and related condition: Anxiety UK

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Helpline: 03444 775 774 (9.30am-5.30pm)

Advice and self -help resources for Anxiety, panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety conditions for13-20years: No Panic

[www.nopanic.org.uk](http://www.nopanic.org.uk) Helpline: 0330 606 1174

**Psychosis:**

Support and advice for young people. Support and training courses for care givers: Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

National out-of-hours mental health**helpline** offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers 16+ yrs: SANE

[www.sane.org.uk](http://www.sane.org.uk/) 0300 304 7000

Advice, support and self- help resources. Services include: talking therapies, crisis helpline, drop-in centres, employment and training schemes, counselling and befriending. Over 18s

[www.mindinbexley.org.uk](http://www.mindinbexley.org.uk) **0208 303 8932**

**Crisis Resources:**

# If you feel unable to keep yourself safe please call 999 or attend the nearest Accident and Emergency Department (Queen Elizabeth Hospital Woolwich or Darent Valley Hospital

# At other times of crisis please contact:

# Your registered GP surgery Monday to Friday 8am -6.30pm

Counselling and self -help resources. Under 19s: Childline

[www.childline.org.uk](http://www.childline.org.uk) Helpline: 0800 1111

support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person Under 35s: Papyrus

[www.Papyrus-uk.org](http://www.Papyrus-uk.org) Helpline: 0800 068 4141

Advice and support whatever your worry, whenever you need help under 18s: NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk) Helpline: 0808 800 5000

Crisis support helpline and online chat. 18+ : Samaritans

[www.samaritans.org](http://www.samaritans.org) Helpline: call 116 123

**Family Support:**

Providing parents/carers with support to help them manage the changes that are a constant part of family life: Family Lives

<http://familylives.org.uk> 0808 800 2222

Supporting young people and families with challenges such as leaving the care system, homelessness, employment and training. Support for those at risk of harm: Banardo’s

[www.Barnardo’s.org.uk](http://www.Barnardo’s.org.uk) 0808 012 1552

**Bullying:**

Support, advice and resources for those experiencing bullying and the adults who support them: Kidscape

[www.kidscape.org.uk](http://www.kidscape.org.uk)

Advice and support for anyone affected by **bullying: Bullying UK**

[www.bullying.co.uk](http://www.bullying.co.uk) 08088002222

**Special Educational Needs and Disability (SEND):**

A varied programme of clubs to provide parents and carers support, guidance, and regular breaks from their caring responsibilities: Bexley Snap

[www.bexleysnap.org.uk](http://www.bexleysnap.org.uk) 01322 334192

A voluntary group of parents/carers who provide support, information and advice for parents/carers of children and young people with disabilities, special or additional needs, who live in Bexley. 0-25: Bexley Voice

<https://bexleyvoice.org.uk> **07512 409 936 (Term time only)**

Information and resources about Special Educational Needs and Disability (SEND) services for children and young people aged 0-25 in Bexley: Bexley Local Offer

<https://www.bexleylocaloffer.uk> **020 3045 5677**

Advice and support: MENCAP

[www.mencap.org.uk](http://www.mencap.org.uk) 0808 808 1111

**Eating Disorders:**

Helpline and support for those with symptoms of an eating disorder and their loved ones:

Beat Eating Disorders

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) 0808 801 0677

**Bereavement:**

Support and counselling: Hope Again

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) 0808 808 1677

Telephone support and resources for parents/carers supporting a young person through bereavement: Child Bereavement UK

[www.childbereavementuk.org](http://www.childbereavementuk.org) 0800 02 888 40

Support for children and their families after the death of a parent or sibling: Winston’s Wish

[www.winstonswish.org](http://www.winstonswish.org) 08088 020 021