

# **Mental Health Support**

## **Confidential support lines and websites**

### **Samaritans**

Call: 116 123

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

### **Childline**

Call: 0800 1111

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

### **Kooth**

[www.kooth.com](http://www.kooth.com)

Kooth is an accredited digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

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## **Organisations that can provide extra support**

### **CAMHS**

[www.nhs.uk/using-the-nhs/nhs-services/mental-health-services](http://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services)

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing within a statutory local authority.

Local areas have a number of different support services available. These might be from the statutory, voluntary or school-based sector, such as an NHS trust, local authority, school or charitable organisation.

### **Mind**

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

Mind offers information, advice and support to empower anyone experiencing a mental health problem. Mind also lobbies government and local authorities on their behalf.

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## **Young Minds**

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

Young Minds is a charity fighting to make sure children and young people get the best possible mental health support and have the resilience to overcome life's difficulties. They have advice, support and resources for children, young people and parents.

## **Self Harm UK**

[www.selfharm.co.uk](http://www.selfharm.co.uk)

Self Harm UK is a support website for young people, dedicated to self-harm recovery, insight and support. Self Harm UK started out of the work of Youthscape.

## **Lily Jo Project**

[www.thelilyjoproject.com](http://www.thelilyjoproject.com)

The Lily Jo Project is an online mental health resource, with information and help on common mental health issues including: depression, anxiety, self-harm, eating disorders, childhood trauma, self-esteem, and grief.