

SUPPORT FOR YOUNG PEOPLE

1. YoungMinds Website

<https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/>

Making sure young people get the best possible mental health support and have the resilience to overcome life's difficulties.

Parent Helpline: 0808 802 5544

(Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Information and support – contact details and website links

Childline

- www.childline.org.uk
- If you're under 18 you can confidentially call, email or chat online about any problem big or small
- Freephone 24h helpline: 0800 1111
- [Sign up for a childline account](#) on the website to be able to message a counsellor any time without using your email address. Chat 1:1 with an [online advisor](#)

The Mix

- www.themix.org.uk
- If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Freephone: 0808 808 4994 (13:00-23:00 daily)

Youth Access

Get connected with the right support services and organisations in your area. For anyone aged 11-25.

Visit their [website to find your local service](#).

[Samaritans](#)

24 hour confidential listening and support for anyone who needs it. (Adults included.)

jo@samaritans.org Phone 116 123 (24 hours)

[Headmeds](#)

Straight talk on mental health medication for young people. Read about others' experiences and get answers to those 'awkward' questions.

[B-eat](#)

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18.

Phone 0345 634 7650 (4pm – 10pm 365 days a year). Email fyp@b-eat.co.uk

Drugs and alcohol

[Frank](#)

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else.

0800 7766 00 (24 hours, won't show up on your phone bill)

Legal advice

[Children's Legal Centre](#)

Legal advice and representation for children and young people, plus information about your legal rights as a child.

LGBT

[Stonewall](#)

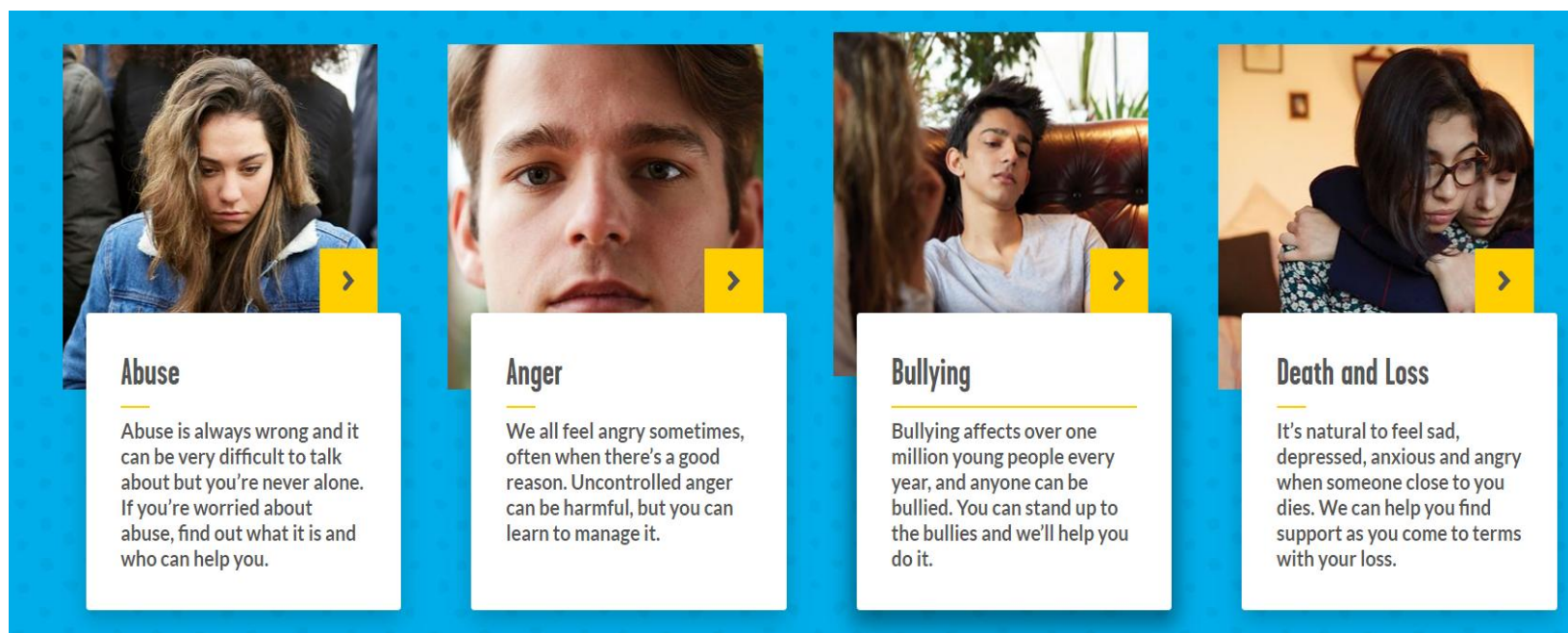
The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information and support.

Phone 0207 593 1850 (Mon-Fri 9.30-5.30)

Feelings and Symptoms

Feeling different from usual or noticed a change in your behaviour? Find out about some common feelings and mental health symptoms, how to cope, and where to go to get help.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/?page=1#listing>



The image shows a grid of four cards, each with a photo of a young person and a text box describing a feeling or symptom. The cards are arranged in a row. Each card has a yellow arrow pointing right in the bottom right corner of the photo area.

- Abuse**
Abuse is always wrong and it can be very difficult to talk about but you're never alone. If you're worried about abuse, find out what it is and who can help you.
- Anger**
We all feel angry sometimes, often when there's a good reason. Uncontrolled anger can be harmful, but you can learn to manage it.
- Bullying**
Bullying affects over one million young people every year, and anyone can be bullied. You can stand up to the bullies and we'll help you do it.
- Death and Loss**
It's natural to feel sad, depressed, anxious and angry when someone close to you dies. We can help you find support as you come to terms with your loss.

Eating Problems

Everyone eats differently but if you take eating to extremes you could have an eating problem. But you're not alone. Find out how eating becomes a problem and what you can do if you're affected.

Problems at School

Some of us enjoy school, some of us find it tougher. If you've got a problem with school, there are ways to get help.

Self-harm

Self-harm is difficult to talk about but it's a common problem and you can beat it. Find out what self-harm means and what to do if you think you're affected by it.

Sleep Problems

We all sometimes have problems with sleeping, waking, or having bad dreams. If sleep issues are affecting you, we can help you tackle them.

Suicidal Feelings

If you are feeling so down that you can't see a way out, know that others have felt this way and survived. You are not alone and however bad you feel, you can be helped.

2. The Children's Society Website

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault>

Resource vault: Advice for young people

The Resource Vault

We want young people to get the advice they need, when they need it.

If you want to find out more about a certain mental or emotional health issue that you are worried about, select your age below.

13 – 17 YEAR OLDS

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17>

18 – 25 YEAR OLDS

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-young-people-age-18-25>

How we support children and young people

We run therapeutic support, befriending, and counselling and advice services for young people who are in need of mental health support.

Across the country, we deliver [services](#) that are children and young people led, using face-to-face and online support.

We want children of all ages and abilities to get involved in our work, and to make decisions about the types of support they receive.

You can see what services are close to you on our [map](#).

Mental health work in schools

Our mental health and emotional well-being in schools work focuses on creating emotionally healthy schools. Our programmes in schools make sure that they support students' good emotional health and young people and families who need our help.

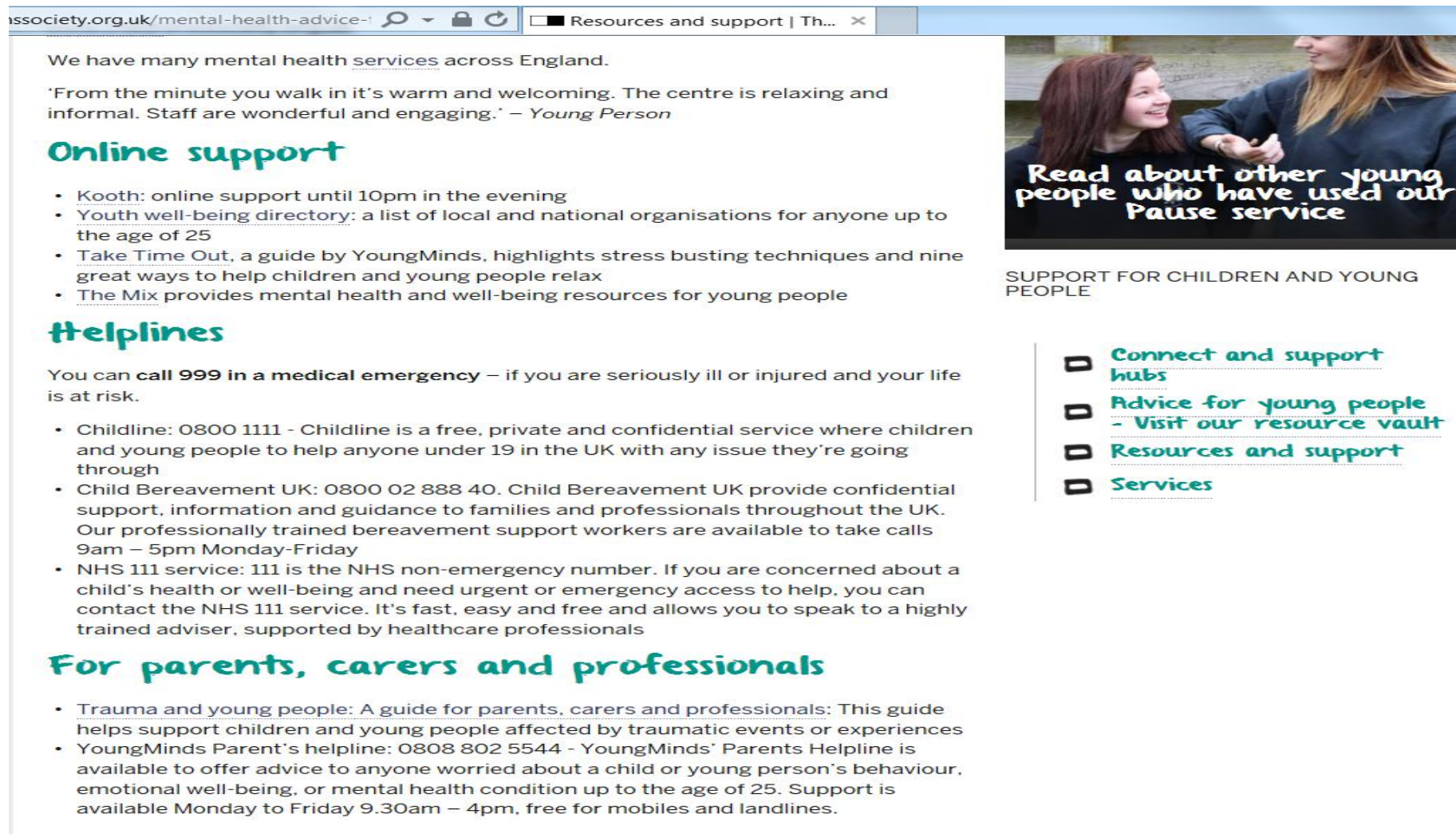
Specialist support for teenagers

Some children and young people need additional support. We provide specialist support delivered by qualified professionals who have lots of experience supporting teenagers. We have different ways of working that include group work and befriending that can help you work through issues that are worrying you, this includes domestic violence, abuse or young people seeking asylum.

Resources and support (The Children's Society)

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/support-for-children-and-young-people/pause-resources>

If you've looked through our advice section and want more help, the below links and organisations will be useful



ssociety.org.uk/mental-health-advice- | Resources and support | Th... x

We have many mental health [services](#) across England.

'From the minute you walk in it's warm and welcoming. The centre is relaxing and informal. Staff are wonderful and engaging.' – *Young Person*

Online support

- [Kooth](#): online support until 10pm in the evening
- [Youth well-being directory](#): a list of local and national organisations for anyone up to the age of 25
- [Take Time Out](#), a guide by YoungMinds, highlights stress busting techniques and nine great ways to help children and young people relax
- [The Mix](#) provides mental health and well-being resources for young people


Helplines

You can call **999 in a medical emergency** – if you are seriously ill or injured and your life is at risk.

- [Childline](#): 0800 1111 - Childline is a free, private and confidential service where children and young people to help anyone under 19 in the UK with any issue they're going through
- [Child Bereavement UK](#): 0800 02 888 40. Child Bereavement UK provide confidential support, information and guidance to families and professionals throughout the UK. Our professionally trained bereavement support workers are available to take calls 9am – 5pm Monday-Friday
- [NHS 111 service](#): 111 is the NHS non-emergency number. If you are concerned about a child's health or well-being and need urgent or emergency access to help, you can contact the NHS 111 service. It's fast, easy and free and allows you to speak to a highly trained adviser, supported by healthcare professionals

For parents, carers and professionals

- [Trauma and young people: A guide for parents, carers and professionals](#): This guide helps support children and young people affected by traumatic events or experiences
- [YoungMinds Parent's helpline](#): 0808 802 5544 - YoungMinds' Parents Helpline is available to offer advice to anyone worried about a child or young person's behaviour, emotional well-being, or mental health condition up to the age of 25. Support is available Monday to Friday 9.30am – 4pm, free for mobiles and landlines.



Read about other young people who have used our Pause service

SUPPORT FOR CHILDREN AND YOUNG PEOPLE

- ▣ [Connect and support hubs](#)
- ▣ [Advice for young people - Visit our resource vault](#)
- ▣ [Resources and support](#)
- ▣ [Services](#)