

# Helplines and Resources for Young People

**Childline** – we are here for you, whatever is on your mind. We will support you. Help you make the right choices that are right for you.

Our tips and ideas can help you feel in control. And you can access them in your own time, at your own pace.

Call – 0800 1111 – a free, private and confidential service where you can talk about anything. We are here for you online, on the phone, anytime.

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**KOOTH** – your online mental wellbeing community.

Free and safe support.

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

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**THINK NINJA** – [www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

An app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

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**MENTALLY HEALTHY SCHOOLS** They have numerous helpful documents in their resources section regarding self-harm. [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

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**Shout 85258** – is a free 24/7 text messaging support service for anyone struggling to cope.

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**Papyrus** – a charity aimed at preventing young suicides.

Helpline called **HOPELineUK** - 08000684141

**Get Connected** – a free service for young people under 25, who need help.

Helpline – 08088084994

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**NSPCC** – volunteers able to talk to children regarding any abuse.

Helpline – 08001111

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**nopanic.org.uk** **No Panic** – offers advice, support and help for people living with phobias, OCD and any other anxiety disorders.

Phone – 03007729844 every day, 10.00am – 10.00pm 365 days of the year.

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**anxietyuk.org.uk** - offer an extensive range of support services designed to help control anxiety rather than letting it control you.

Help line – 03444 775 774 text support 07537 416 905 open Mon –Fri 9.30-17.30

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**wellbeinghands.co.uk** – to support anxiety and depression

Call: **0300 123 1503\*** Lines open Monday to Friday (excluding Bank Holidays)

from 9 am to 5 pm.

Email us at: **admin@wellbeingandw.co.uk**

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**norfolkandwaveyemind.org.uk**

Whether it's you, someone in your family, a friend or a work colleague, we are here to support you.

Call us on **0300 330 5488** - **Option 1** where you will be met by a Recovery Triage Operator who will support you to find the service or intervention that is right for you.

If we can't offer a service to meet your needs, we will work with you to find a service that is right for you.

Our phone line is open Monday to Friday (except for bank holidays) between 9.00am and 4.00pm

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**asdhelpinghands.org.uk** Offer guidance, practical advice and support whether you are personally affected or you are an associated family member, carer, friend or professional. We will actively champion the rights of all people affected by an ASD.

Call - 01362685860

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**childbereavement.org.uk** We support children and young people when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Helpline on 0800 02 888 40

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**map.uk.net** - to help young people find their way with help for lots of different things including mental health. email [advice@map.uk.net](mailto:advice@map.uk.net),

Phone 0800 0744454

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## **If you need help urgently:**

- If you need an emergency service dial **999**
- If you are feeling unsafe, distressed, or worried about your mental health call **111**.
- If you feel you are in crisis, experiencing feelings of despair, or are suicidal, contact the **Samaritans** on **116 123**

- You can also call your GP