



Mental Health & Well Being Support

Anxiety UK

Anxiety UK is a national registered charity

Telephone: 03444 775 774

Text Service: 07537 416905

Email: support@anxietyuk.org.uk

Website: <https://www.anxietyuk.org.uk/>

Live chat is available via the website

Anna Freud National Centre for Children and Families

Children's mental health charity

Telephone: 02077942313

Email: info@annafreud.org

Website: <https://www.annafreud.org/>

Big White Wall

Online well-being and mental health service providing self-help programmes and support 24/7.

Website: <https://www.bigwhitewall.com/our-work/>

CALM

Campaign against living miserably for men aged 15-45

Telephone: 0800 585858

Website: <https://www.thecalmzone.net/>

Live chat is available 5pm to midnight, 365 days a year

Kooth

Online counselling and emotional wellbeing services for children, young people and adults

Website: <https://www.kooth.com/>

MindEd for families

Safe and reliable advice to parents and carers about young people's mental health

Website: <https://www.minded.org.uk/>

Moodscope

Helps people to positively manage their moods, measure your mood everyday using an online card game

Telephone: 01487 834151

Website: <https://www.moodscope.com/>

NHS Support

10 Tips to help if you are worried about coronavirus

Website: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

How to look after your mental wellbeing while at home

Website: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Get fit with strength and flex

Website: <https://www.nhs.uk/live-well/exercise/get-fit-with-strength-and-flex/>

NSPCC

Protecting children

Telephone: 0800 1111 (for children)

Telephone: 0808 800 5000 (for adults)

Email: help@nspcc.org.uk (for adults)

Website: <https://www.nspcc.org.uk/>

No Panic

Registered charity helping people who suffer from anxiety

Telephone: 0330 606 1174 (youth helpline)

Telephone: 0844 9674848

Website: <https://nopanic.org.uk/>

Papyrus

Charity providing non-judgemental support, advice and information for those dealing with suicide, depression or emotional distress

Telephone: 0800 068 41 41

Website: <https://papyrus-uk.org/>

Parent Support Groups

Support groups facilitated by trained councillors

Website: <https://number22.org/info-for-parents/>

Samaritans

Telephone: 116 123

Email: jo@samaritans.org (response time: 24 hours)

Website: <https://www.samaritans.org/>

Sane

Emotional support, guidance and information to those affected by mental illness

Email: support@sane.org.uk

Website: <http://www.sane.org.uk/home>

The Mix

Mental health support for under 25s

One-to-one online chat

Text: Text THEMIX to 85258

Telephone: 0808 808 4994

Website: <https://www.themix.org.uk/>

Young minds

Charity supporting children's wellbeing and mental health

Text: 85258

Telephone: 0808 802 5544 (parent helpline)

Website: <https://youngminds.org.uk/>