

## Mental health and wellbeing resources for children and young people

We know that you may be experiencing a variety of feelings in response to the COVID-19 outbreak such as anxiety, stress or low mood. It is important to understand that these are normal responses to an abnormal situation. We have put together some useful links and sources of support so that you get the advice and help you need.

### If you need urgent advice or support

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.	Text: AFC to 85258	All age groups
BEAT's Youthline offers support to children and young people with an eating disorder.	Website and online chat: <a href="https://www.beateatingdisorders.org.uk/support-services/helplines">https://www.beateatingdisorders.org.uk/support-services/helplines</a> Phone: 0808 801 0711	All age groups

ChildLine is the UK's free, confidential helpline for children and young people. They

<p>Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.</p>	<p>Website: <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a></p> <p>Phone: 0800 068 41 41</p> <p>Text: 07786 209 687</p>	<p>All age groups</p>
<p>Samaritans are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.</p>	<p>Phone: 116 123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p>All age groups</p>
<p>Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.</p>	<p>Text 'Shout' to 85258 to get an empathetic, trained volunteer who will listen and work with you to solve problems.</p>	<p>All age groups</p>
<p>Student Space is here for students through coronavirus. Help and guidance is available.</p>	<p>Website and webchat: <a href="http://www.studentspace.org.uk/">http://www.studentspace.org.uk/</a></p> <p>Text: STUDENT to 85258</p> <p>You can also use their <a href="#">search tool</a> to find the services available at your university.</p>	<p>18 to 21 years</p>

Switchboard LGBT+ helpline is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.

Website and web chat:  
<https://switchboard.lgbt/>

Phone: 0300 330 0630

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

All age groups-2-3 (opt)-3

## General mental health and wellbeing support, building resilience and staying well

Summary of support	How to contact	Age range
<p>Anna Freud National Centre for Children and Families provide support to children and young people, sharing clear, simple advice and resources.</p> <p>'On My Mind' aims to empower young people to make informed choices about their mental health and wellbeing through advice, support, tips and self-care strategies.</p>	<p>Websites:  <a href="https://www.annafreud.org/coronavirus-support/support-for-young-people/">https://www.annafreud.org/coronavirus-support/support-for-young-people/</a>  <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a></p> <p>Text: AFC to 85258</p>	<p>All age groups</p>
<p>BBC Bitesize offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships.</p> <p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self</p>	<p>Website:  <a href="https://www.bbc.co.uk/bitesize/collections/life-and-wellbeing/1">https://www.bbc.co.uk/bitesize/collections/life-and-wellbeing/1</a></p>	<p>All age groups</p>

# Bereavement

homophobic, biphobic or transphobic bullying or harassment.

Phone: 0808 1000 143  
open Monday to Friday  
10am to 5pm.

Kidscape has advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.

Website:  
<https://www.kidscape.org.uk/advice/advice->

	<a href="https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1">https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1</a>  <a href="https://www.bbc.co.uk/bitesize/collections/college-and-apprenticeships/1">https://www.bbc.co.uk/bitesize/collections/college-and-apprenticeships/1</a>	
Charlie Waller Trust have support, advice and tips for young people starting sixth form, college and university	Website: <a href="https://charliewaller.org/student">https://charliewaller.org/student</a>	16+
Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: <a href="https://www.nhs.uk/every-mind-matters/">https://www.nhs.uk/every-mind-matters/</a>	All age groups

## Vulnerable children

Summary of support	How to contact	Age range
Barnardo's See, Hear, Respond programme, focusses on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their	Website: <a href="https://www.barnardos.org.uk/see-hear-respond">https://www.barnardos.org.uk/see-hear-respond</a>	All age ranges