Resources to support emotional wellbeing and mental health



ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111



Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.



Confidential support service. Open 24 hours a day, 7 days a week.



Support for lesbian, gay, bisexual and transgender young people.

www.selfinjurysupport.org

www.samh.org.uk

Young minds



Advice and support if you need someone to talk to. Phoneline open 6pm-2am Monday to Thursday and 6pm-6am Friday to Mon-



UK's leading charity supporting anyone affected by eating disorders

www.beateatingdisorders.org.uk/





Just ask is an enquiry line for our parents, Carers, children, young people and those who work with them.

The phone line is open on Tuesdays from 1pm –4pm.

Staff usually available are:

Dietitians

Educational Psychologists

Occupational Therapists

Physiotherapists

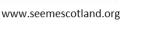
Primary Mental Health Worker

Speech and Language Therapists

Pre school Home Visiting Teachers

School Nurses

Please call us on 07785477686



End mental health

discrimination



Useful apps



Headspace



For Me—Childline app



What's up?

Calm app



SAM App

