

Useful contacts for professionals, parents and young people-

All of the following services are there to support children, young people and their families. They offer confidential support and advice, but if they are worried about the safety of someone who is under 18 years old, or an adult who is vulnerable in any way, then they may need to speak to other people, such as the police, social care or the NHS to try and make sure that everybody stays safe.

BullyingUK-

BullyingUK offer online advice to support children, young people and their parents where they may be being affected by bullying. Their website is www.bullying.co.uk.

Beat-

Beat is a charity that works to support children and young people who have an eating disorder. Their website, www.b-eat.co.uk , provides some information about eating disorders and where to seek support. Beat also have a helpline which is open 4pm-10pm every day.

The **Helpline** number is-

0808 801 0677

The **Youthline** number is-

0808 801 0711.

Change Grow Live (CGL)-

CGL work with young people between the ages of 10-18 years. They can offer support with lots of different things, including:

- Drug and alcohol use
- Health and wellbeing
- Offending behaviour
- Mental health
- Family support
- Someone else's drug or alcohol use (also known as 'hidden harm')
- Independent advocacy and visiting

They offer free and confidential advice to young people. Their website, www.changegrowlive.org , has lots of information about the help they can offer.

Childline-

Childline offer telephone advice or support to children, young people and their families. Their telephone line is open 24 hours a day. If you need to talk to somebody then you can ring **0800 1111**.

You can also use the text phone number- **0800400222** (Mon to Fri 9:30- 9:30 and weekends 9:30-8pm).

Childline also have an online chat where young people can talk to a counsellor one to one. Visit www.childline.org.uk for more advice.

Kooth Online-

Kooth offer confidential support and advice for children and young people, who are 11 years plus who are struggling with their mental health or with managing their emotions. They have an online chat which can be accessed via-

<https://kooth.com/>

The online chat can be accessed for advice on the following days and times-

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

MindEd-

www.minded.org.uk offer online resources and advice for parents or carers whose children are experiencing challenges with their mental health. They offer step by step advice about what to do if you are worried or faced with a crisis.

The Mix-

The Mix is a nationwide support service for young people up to the age of 25 years. They offer advice about lots of different issues including mental health, relationships, your body, money, crime, study and lifestyle.

If you want to find out more you can visit their website on, www.themix.org.uk . They have lots of articles on lots of different issues which you might find useful.

They also have a free phone number which is open daily from 11am to 11pm. You can ring on; **08088084994**.

National self-harm network-

The national self-harm network provides information and support to parents, carers, professionals and young people who are struggling with self-harm or wanting some more information about self-harm.

The website is www.nshn.co.uk . They have some really useful downloadable documents on their website. You can also access self-help resources specifically to help with managing self-harm.

The key documents that you might find useful are;

- First aid for self-harm
- Distractions that help
- Advice for parents and carers
- Advice for young people
- What is self-harm?

[NHS-](#)

If you are worried that your child is at immediate risk because their mental health has deteriorated, then you can contact the NHS in an emergency on **999**. Or for advice you can contact NHS direct on-**08454647** or via their website- www.nhsdirect.nhs.uk.

If a child needs immediate medical attention then contact 999 or visit your local A&E. Here, health care professionals may contact the CAMHS team if they feel this is needed.

If you or your parents think you need some support from the Child and Adolescent Mental Health Service (CAMHS) then you can make an appointment with your GP to discuss a referral being made.

[NSPCC-](#)

The NSPCC is a national charity aiming to promote the protection of children and young people from any abuse. If you are a parent or carer and wanted to talk to somebody if you are worried about a child contact their helpline on **0808 800 5000**. This is open 24 hours and is a free phone number.

[Samaritans-](#)

The Samaritans will listen to you and help you talk through your concerns, worries and troubles.

You can call them on **116 123**. This number is free to call and can be used 24 hours a day, 365 days a year.

You can also email the Samaritans to ask for advice or support. Their email address is jo@samaritans.org. They can take three days to reply so if you need to speak to someone urgently then its best to ring them or try contacting a different service.

[Sleep Scotland website-](#)

Good sleep is really important for our mental health. If you feel you are struggling with your sleep and want some advice about how to sleep well, then visit www.sleepscotland.org. They have lots of resources to help teach you and your family about sleeping well.

Key things to look at can be found under the Sound Sleep section of this website.

[The Well Women Centre-](#)

The Well Women Centre offer lots of different support to women aged 16 years plus to help them with their health and wellbeing.

They are based in Wakefield and offer a drop in support service. Their available drop in sessions are;

Every Monday, 5-7.30pm
and every Friday, from 10am-12.30pm. (except bank holidays)

Their office address is;

Well Women Centre, 24 Trinity Church Gate, Wakefield, WF1 1TX.

You can also ring them for support and advice on **01924 211 114** and they are open

[Young minds-](#)

Young minds do not operate a telephone for children or young people, but there is a list of different support services that are available if you need to talk to somebody but don't know where to go. You can visit <https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/>

If your parents or carers are worried about you and they want some advice, then they can ring the Parents helpline. The helpline number is **0808 802 5544**. You can also contact Young minds online via <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>. They can take upto three days to reply to emails, so parents should not use this service if they are concerned that their child is at immediate risk of harm.

