

Wellbeing and Mental Health Useful resources / organisations

- **KOOTH** www.kooth.com
Free, safe and anonymous online support for young people related to mental health
Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm
- **SAMARITANS 24/7** - Call 116123 - Email: jo@samaritans.org - www.samaritans.org
- **Childline** www.childline.org.uk **Helpline: 08001111 (24hrs – 18 years and under)**
- **CHILDLINE 24/7** - Call 0800 11 11 (free number: will not show on a bill) Webchat and email: through website www.childline.org.uk
- **THE MIX** - Emotional support for up to 25 years of age - 0808 808 4994: Sun to Fri 2pm to 11pm -Crisis messenger text 24/7: text THEMIX to 85258 - Webchat: through website Sun to Fri 2pm to 11pm & Sat 8pm to 11pm - Email: www.getconnected.org.uk/email-us/ - www.themix.org.uk
- **ON MY MIND** - Website to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire <https://www.annafreud.org/on-my-mind/>
- **MOOD JUICE** - Self-help mental health online support on various different issues: anger, panic, assertiveness, anxiety, stress, chronic pain, bereavement, phobias, depression, post-traumatic stress, obsessions and compulsions, sleep problems, shyness, addiction and crisis support - www.moodjuice.scot.nhs.uk
- **YOUNG MINDS** - www.youngminds.org.uk -Mental health website full of information and guidance for children and young people about their mental health.
- **MoodTools** - <http://www.moodtools.org/>
- **Young Minds** - www.youngminds.org.uk
- **NSPCC** - Website and helpline for adults who are concerned about a child or young person's well-being - 24/7 - 0808 800 5000 -Email: help@nspcc.org.uk
- **Talk ED** - is the new name for **Anorexia and Bulimia Care**. We are a national charity supporting anyone affected by any eating disorder or eating distress. We will meet you wherever you are in your journey, with personalised support. They offer 1:1 support calls via telephone, video or online chat provide a safe space for you to ask questions and share your concerns for either yourself or a loved one. <https://www.talk-ed.org.uk/>

