

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/>

Self-help websites for young people

Kooth

Free online support for young people. Kooth counsellors are online Monday-Friday, 12 noon till 10pm and weekends, 6pm till 10pm.

www.kooth.com

Young Minds

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think - three children in every classroom have a mental health problem. Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and info.

www.youngminds.org.uk

ChildLine

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child or young person with a problem. It comforts, advises and protects. So, if you are worried about anything, big or small - don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is there for you. You can visit the Childline Explore section for advice and information on a range of topics. Also, you can get support on the online message boards. 'Everyone helps each other out and is going through the same things as me - it's a really welcoming place'

Freephone 0800 1111 (24 hours and the call won't show on your phone bill)

www.childline.org.uk

Samaritans

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Call 0116 123 (24 hours, 7 days a week)

www.samaritans.org.uk

Kidscape

Kidscape are the first charity in the UK established specifically to prevent bullying and sexual abuse. The website offers advice and practical skills on how to deal with bullying. Remember, no-one deserves to be bullied. Nearly everyone is bullied at some time in their lives: by brothers and sisters, by neighbours, by adults or by other children/young people. If you are being bullied, you may feel scared, vulnerable and quite alone but you owe it to yourself to try and sort out the situation so that the bullying stops.

www.kidscape.org.uk

Winston's Wish

The death of a parent, brother or sister is one of the most fundamental losses a child will ever face. At Winston's Wish, they believe that bereaved children need support to make sense of death and rebuild their lives. The Winston's Wish Helpline offers support, information and guidance to all those caring for a bereaved child or young person.

Helpline 08452 03 04 05 (Monday - Friday, 9am to 5pm, and Wednesday evenings, 7pm to 9.30 pm)

www.winstonswish.org.uk