

Useful Resources

For parents/carers

Samaritans

www.samaritans.org

Samaritans is a confidential emotional support service for anyone in the UK. It is available 24 hours a day, 7 days a week.

Phone: 116 123 (24/7)

Email: jo@samaritans.org

Sane

www.sane.org.uk

SANEline is a national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems.

Phone: 0300 304 7000 (4:30pm – 10:30pm)

Email: info@sane.org.uk

Mind

www.mind.org.uk

Mind is the leading mental health charity in England and Wales. They provide a confidential mental health information service, support and understanding. They can help you find where to get help in your own area.

Phone: 0300 123 3393 (9am – 6pm Mon – Fri)

Text: 86463

Email: info@mind.org.uk

Family Lives

www.familylives.org.uk

Family Lives is a charity which specialises in supporting families in a variety of areas including bullying, mental health and family life.

Phone: 0808 800 2222 (9am-9pm Mon – Fri, 10am-3pm Sat – Sun)

Email: askus@familylives.org.uk

YoungMinds

www.youngminds.org.uk

Young minds is a mental health charity for children and young people providing information and support about mental health difficulties.

Parents Helpline: 0808 802 5544 (9:30am – 4pm Mon – Fri)

If you would like to find a registered psychologist in your area, the British Psychological Society's Find a Psychologist service can assist with this

(<https://www.bps.org.uk/public/find-psychologist>). You may also wish to speak to your GP about getting a referral to a psychologist.

For young people

Childline

www.childline.org.uk

Childline is a free and confidential service for young people aged under 19 to help with any issues they are going through.

Phone: 0800 1111

Online 1-2-1 Chat: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Forward Thinking Birmingham

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

Birmingham's mental health partnership for 0-25 year olds offering a variety of mental health support services.

Phone: 0300 300 0099 (Access Centre 9am-5pm Mon-Fri)

Rise

<https://cwrise.com/>

Rise offers a variety of NHS-led emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Youth2Youth

www.youth2youth.org.uk

Youth2Youth (Y2Y) is a unique helpline service run by young people for young people. The helpline is for any young person under the age of 19 years who feel they need emotional support.

Phone: 07516 391 429 (9am – 6pm Mon – Fri, 9am – 5pm Sat, 11am – 4pm Sun)

Email: contact@youth2youth.org.uk

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Crisis Messenger: If you need urgent help text YM to 85258 (24/7)

Other helplines

- *Anxiety UK*: 0344 775 774 (9:30am-5:30pm Mon-Fri)
- *Beat Eating Disorders*: 0808 801 0677 or 0808 801 0711 for the Youthline (free, 12pm-8pm Mon-Fri, 4pm-8pm Sat-Sun)
- *The Bereavement Trust*: 0800 435 455 or 0800 9177 416 (6pm-10pm)
- *Care Confidential (pregnancy & post-abortion support)*: 0800 028 2228 (free)
- *Eating Disorders Support*: 01494 793 223
- *Switchboard LGBT+*: 0300 330 0630 (10am-10pm Mon-Sun)

- *Mermaids (gender identity support)*: 08008 801 0400 (9am-9pm Mon-Fri)
- *MindLine Trans+*: 0300 330 5468 (8pm-12am Mon & Fri)
- *National Society for the Prevention of Cruelty to Children*: 0808 800 5000 (24/7)
- *Runaway*: 116 000 (free, 24/7)
- *The Mix (support service for young people)*: 0808 808 4994
- *National Domestic Violence Helpline*: 0808 2000 247 (free, 24/7)

Other support organisations

- *Gingerbread (for single parent families)*: www.gingerbread.org.uk
- *Contact (for families with children with additional needs)*: www.contact.org.uk
- *Adoption UK*: www.adoptionuk.org
- *Happy Steps (for parenting within stepfamilies)*: www.happysteps.co.uk
- *Gransnet (information and support for grandparents)*: www.gransnet.com
- *At a Loss (bereavement support)*: www.ataloss.org