

## Signposting For Further Support

*If you are concerned about your or your child/children's mental health, please speak to your GP*

### For Yourself

**IAPT Services through NHS choices:** <https://www.england.nhs.uk/mental-health/adults/iapt/>

**To find a private therapist:**

**BACP:** <http://www.bacp.co.uk/>

**UKCP:** <https://www.psychotherapy.org.uk/find-a-therapist/>

**Mind Info Line:** provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays) 0300 123 3393. Ask about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services

**Samaritans:** Free phonenumber: **116 123**, alternatively you can email at [jo@samaritans.org](mailto:jo@samaritans.org)

**YoungMinds Parent Line:** detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call for free on 0808 802 5544 from 9:30am to 4pm, Monday to Friday. <https://youngminds.org.uk>

**Anxiety UK Infoline:** Helpline 03444 775 774 is available from 9.30am – 5.30pm Monday to Friday, or you can email [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**Helplines Partnership:** For more options, visit the Helplines Partnership website for a directory of UK helplines <https://helplines.org/helplines/>

## For Your Child

**Anxiety UK Infoline:** Helpline is available from 9.30am – 5.30pm Monday to Friday, 03444 775 774 or you can email [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**BEAT:** eating disorder charity. Information on types of eating disorders, recovery information, support information including helplines & downloadable resources. [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) Helpline: 0808 801 0677, Studentline: 0808 801 0811, Youthline: 0808 801 0711

**CAMHS:** is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. Most local CAMHS teams have a website where you can look up how to get access to their service.

**Hope Again:** support for children and young people experiencing grief and bereavement. Helpline. [www.hopeagain.org.uk](http://www.hopeagain.org.uk), 0808 808 1677

**Kooth:** free online counselling support for under 25s. [www.kooth.com](http://www.kooth.com) or download the Kooth app

**Mind:** A-Z information for mental health, including treatment options, self-care, information for family & friends, & useful contacts [www.mind.org.uk](http://www.mind.org.uk)

**The Mix:** information & support about mental health for under 25s. Professional and young person blogs and advice over a wide range of topics. Helpline, crisis messenger, 121 chat, email. [www.themix.org.uk](http://www.themix.org.uk), 0808 808 4994

**NSPCC:** charity fighting to end child abuse. Information, resources and further support, stories. [www.nspcc.org.uk](http://www.nspcc.org.uk), 0808 800 5000

**No Panic:** offers advice, support, recovery programs and help for people living with phobias, OCD and any other anxiety-based disorders. <https://nopanic.org.uk>, 0844 967 4848

**Papyrus:** charity to prevent and help young people thinking about suicide. Information & support, hopeline for under 35s. [www.papyrus-uk.org/hopelineuk](http://www.papyrus-uk.org/hopelineuk), 0800 068 4141

**Samaritans:** 24/7, free helpline for anyone. **116 123**, [www.samaritans.org.uk](http://www.samaritans.org.uk)

**YoungMinds:** mental health charity for children and young people. Information and resources for young people & parents, including parents helpline and young people crisis messenger and helpline. <https://youngminds.org.uk>, Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258.