

Useful websites and resources

www.educationsupportpartnership.org.uk

UK's only charity providing mental health and wellbeing support services to all education staff. You can sign up to their newsletter www.rethink.org. They provide expert, accredited advice and information to anyone who is affected by mental health problems. You can sign up to their newsletter and they have published a wide range of mental health factsheets.

www.acas.org.uk

ACAS provides a range of guidance, information, advice, training, conciliation and other services for employers and employees to help prevent or resolve workplace problems.

www.remploy.co.uk

Remploy exists to improve the lives of disabled people and those with complex needs through the power of work.

www.nhs.uk/livewell/mentalhealth

Provides information on health matters including mental health.

www.headspace.com

Meditation

www.talktofrank.com

Confidential drugs advice.

www.alcoholics-anonymous.org.uk

Confidential advice and programme of recovery from alcoholism.

All links and information below have been taken from and recommended by Mental Health First Aid England <https://mhfaengland.org/> and accessible. April 2021

Depression and anxiety

www.mind.org.uk

National mental health charity, which offers a range of materials on all aspects of depression. It also lists details of local Mind associations

www.youngminds.org.uk

Mental health and wellbeing self-referral support services
Updated October 2021

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

www.childline.org.uk

Childline is a counselling service for parents, children and young people. It offers a number of multi lingual services. Help and advice is free and confidential.

www.anxietyuk.org.uk

Helps all those suffering with anxiety disorders. Self-help leaflets and contact lists and Self-help groups.

www.nopanic.org.uk

No Panic is a registered charity which helps people who suffer panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.

www.ocduk.org

Information and support relating to OCDs in children and young people. Produces useful and friendly guides including teen's, children and parents.

Suicide support organisations

www.samaritans.org

Samaritans is a confidential emotional support service for anyone in the UK. The service is available 24 hours a day for people who are experiencing feelings of distress or despair including those which may lead to suicide.

www.youngminds.org.uk

If you are a parent or carer worried about your child you can speak to their experts at the Parents Helpline, call for free on 0808 802 5544 (9:30am - 4pm, Mon - Fri). Email using our Parents Helpline contact form. Use our live Parents webchat service (9:30am - 4pm, Mon – Fri)

www.papyrus-uk.org

PAPYRUS (Parents Association for the Prevention of Young Suicide) offers advice information and advice for parents, carers, teachers, professionals and friends of young people at risk of suicide.

www.cruse.org.uk

Cruse offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.

Self-harm organisations

www.nshn.co.uk

National Self-harm network Monitored forums supporting individuals who self-harm to reduce emotional distress and improve their quality of life.

www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends, families and professionals.

Eating disorders

www.seedeatingdisorders.org.uk

SEED is a Hull based eating disorder support disorder. Advice line 01482 718130

www.anorexiabulimiare.org.uk

ABC has 23 years of experience as a UK national eating disorder organisation. They support sufferers and their family and friends.

www.b-eat.co.uk

Beat (beating eating disorders) website contains information on all aspects of eating disorders
Adult helpline 0800 801 0677