

Mental Health Support List

All staff and homestays should be aware that mental health problems can affect any young person, and in some cases, be an indicator that a child has suffered or is at risk of suffering abuse, neglect or exploitation.

If you have any concerns about a child's mental health, there is a list of external agencies and bodies which are well placed to support such students, and which staff can access for advice can be found below:

Organization/Service	Description	Website/Contact
ACE Department	Contact for mental health support.	Tel: (insert your local number)
Action for Children - Parent Talk	Parenting advice for parents/carers of 0-19-year-olds, including coaching.	www.parents.actionforchildren.org.uk
Activity Alliance	Supports disabled people in sports.	www.activityalliance.org.uk
ADHD and You	Resources for ADHD management.	www.ADHDandyou.co.uk
ADHD Foundation	Support for ADHD, Autism, Dyslexia, and more.	www.adhdfoundation.org.uk
Age UK	Support for elderly individuals.	Tel: 0800 298 0579
Amaze	Resources on gender issues, relationships, and sex education.	www.amaze.org
Anna Freud	Mental health charity for children and families.	www.annafreud.org
Anxiety Canada	Self-help resources for anxiety.	www.anxietycanada.com
Anxiety UK	Support and therapy access for anxiety.	www.anxietyuk.org.uk
Asperger's and ASD	Resources for individuals with Asperger's Syndrome.	www.tonyattwood.com.au
2gether Assertive Outreach Team	Crisis support for severe mental illness.	Tel: 0800 169 0398 (24hrs)
Aston Project	Helps reduce harm and anti-social behavior among 9-17-year-olds.	www.astonproject.co.uk
At a Loss.org	Bereavement support and counseling.	www.ataloss.org
Autism - National Autistic Society	Early Bird programs and general autism support.	www.autism.org.uk
Barnado's	Services for young people and families.	www.barnardos.org.uk
Beat	Support and recovery information for eating disorders.	www.beateatingdisorders.org.uk

Organization/Service	Description	Website/Contact
Blue Cross for Pets	Support for pet bereavement.	www.bluecross.org.uk
Blurt it out	Resources for managing depression.	www.blurtitout.org/resources
Bristol Mindline	Suicide helpline for Bristol and South Gloucestershire.	Tel: 0808 808 0330 (Wed-Sun 8-12 midnight)
British Dyslexia Association (BDA)	Support for dyslexia.	www.bdadyslexia.org.uk
Brook	Sexual health advice for under 25s.	www.brook.org.uk
Bullying UK	Support for those experiencing bullying.	www.bullying.co.uk
Cafcass	Support for children and families in family court.	www.cafcass.gov.uk
CAMHS	Mental health resources for young people.	www.CAMHS-resources.co.uk
Calm (Campaign Against Living Miserably)	Helpline for men struggling with mental health.	www.thecalmzone.net
Christians Against Poverty (CAP)	Advice on debt, life skills, and job clubs.	www.capuk.org
Child Bereavement UK	Support for families facing child loss.	www.childbereavementuk.org
Child Death Helpline	Support for those affected by child loss.	www.childdeathhelpline.org.uk
ChildLine	Support for children on abuse and bullying.	www.childline.org.uk
Childnet	Resources for internet safety.	www.childnet.com
Crime Stoppers	To report crimes or child exploitation.	Tel: 0800 555 111
Cruse Bereavement Care	Helpline for bereavement support.	www.cruse.org.uk
Ditch the Label	Anti-bullying charity.	www.ditchthelabel.org
Family Lives	Support for families with various challenges.	www.familylives.org.uk
Fearless	Anonymous crime reporting.	www.fearless.org/en
Get Self Help	CBT self-help resources.	www.getselfhelp.co.uk/anxiety.htm
Gingerbread	Support for single parents.	www.gingerbread.org.uk
Grief Encounter	Free bereavement support for young people.	www.griefencounter.org.uk
Hollie Guard	Turns a phone into a personal safety device.	www.hollieguard.com
Kidscape	Advice about bullying for children and parents.	www.kidscape.org.uk

Organization/Service	Description	Website/Contact
Kooth	Free advice and online counseling.	www.kooth.com
Mind	Support for young people with mental health issues.	www.mind.org.uk
NSPCC	Support for victims of abuse and child protection concerns.	www.nspcc.org.uk
Papyrus	Suicide prevention charity for young people.	www.papyrus-uk.org
Refuge	Domestic violence support for women and children.	www.refuge.org.uk
Samaritans	Emotional support for those in distress.	www.samaritans.org.uk
Shelter	Housing and homelessness support.	www.england.shelter.org.uk
Shout	24/7 crisis text service.	Text SHOUT to 85258
Students Against Depression	Support for those struggling with low mood and depression.	www.studentsagainstdepression.org
SurvivorsUK	Support for men who have experienced sexual abuse.	www.survivorsuk.org
Talk to Frank	Information and support about drugs.	www.talktofrank.com
The Mix	Support for under 25s on mental health, homelessness, and more.	www.themix.org.uk
The Tavistock and Portman NHS Trust	Child and adolescent mental health services.	www.tavistockandportman.nhs.uk