

Contact details of services supporting the Emotional Health and Wellbeing of young people

Childline – <https://www.childline.org.uk>

Childline offers free support and help for all children across the country. It is a counselling service for parents, children and young people. Childline is available 24 hours a day online or by phone on 0800 1111.

Young Minds – <https://www.youngminds.org.uk>

Young Minds is a charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Young Minds parents helpline: 0808 802 5544 or parents@youngminds.org.uk

Kooth – <https://kooth.com>

Kooth is an online anonymous counselling service for teenagers aged up to 18.

Mindful – <https://www.mindful.org>

Mindful is an online service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing.

CAMHS – Children and Adolescent Mental Health Service

This service can be via your GP and or in consultation with our school nurse.

Off the Record - <https://www.otrbristol.org.uk>

Off the Record offers lots of different workshops, counselling and group sessions for young people.

Call or text 0789 688 0011 or apply online.

Get connected – <https://www.getconnected.org.uk>

Free telephone and email helpline which can connect a child or young person to any UK helpline where appropriate

Tel: 0808 808 4994 Text: 80849

PAPYRUS – Parents Association for the Prevention of Young Suicide
<https://www.papyrus.org>

Advice and information for parents, carers, teachers and friends of young people at risk of suicide.

Hope Line UK Tel: 0800 068 4141 Text 0778 620 9697 Email pat@papyrus-uk.org

Monday-Friday 10.00am – 10.00pm

Weekends 2.00pm – 10.00pm

Bank Holidays 2.00pm – 5.00pm

Samaritans – <https://www.samaritans.org>

24 hour helpline offering emotional support for people who are experiencing feelings of distress or despair or thinking about suicide

Tel: 0845 790 9090

B-eat - <https://www.b-eat.co.uk>

B-eat is the working name of the Eating Disorders Association and the website provides information on all aspects of eating disorders.

help@b-eat.co.uk

Tel: 0845 634 1414

Youth line: 0845 634 7650

Bristol Crisis service for women – www.selfinjurysupport.org.uk

TESS – Text and email support service open Monday – Friday

Information, resources and helpline for women and girls in emotional distress, especially those who self-injure.

Text support: 0780 047 2908

Harmless – www.harmless.org.uk

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

Anxiety UK – www.anxietyuk.org.uk

Anxiety UK has a section on young people and anxiety

Tel: 08444 775 774

The Rainbow Centre – contact@rainbowcentre.org.uk

The Rainbow Centre provides therapeutic support to children and their families affected by the death or life threatening illness of a parent or child.

Tel: 0117 985 3343

