

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

The Anna Freud centre shares quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters/>

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.

[Parents and carers - SAMH](#)

'Five ways to better wellbeing for families'. Ideas and inspiration on how to make better **mental health** part of your families conversation.

[Papyrus](#) is the UK Charity for the prevention of young suicide.

CALL: 0800 068 41 41 TEXT: 0778 620 9697

EMAIL: pat@papyrus-uk.org

OPENING HOURS

Mon-Fri 10:00 am to 10:00 pm Weekends 2:00 pm to 10:00 pm Bank

Holidays 2:00 pm to 10:00 pm

FRANK

0300 123 6600 (UK), 24 hours a day

[live chat](#) (UK), 2-6pm

SMS: 82111 - Need a quick answer? Text a question and FRANK will text you back.

Website: www.talktofrank.com

[Young Minds](#)

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

YoungMinds Parents Helpline

0808 802 5544 (9.30 to 4.00pm, Mon- Fri)

web: www.youngminds.org.uk

They offer practical tips, advice and signpost you to where you can get help if your child or teenager is struggling with their mood, feelings, or their behaviour seems different.

ChildLine

Telephone: 0800 1111

Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything.

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (9.30am - 4pm Monday to Friday)

Email: info@rethink.org

Website: <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them.

APPS and websites for nurturing mental health:

[Go Sketch](#) – is a lovely mindfulness colouring website. There is a free ‘Zen Doodle’ course that will help with relaxation, self-esteem and general wellbeing.

Headspace - Live a happier, healthier life with just a few minutes of meditation a day on the *Headspace* app.

KOOTH - Kooth is an online counselling and emotional well-being platform for children and young people.