






Helplines, apps and websites if you need help now







	<p style="text-align: center;">Phone</p> 	<p style="text-align: center;">Website</p> 
<p>Childline Free, confidential service where you can talk about anything you want</p>	<p style="text-align: center;">0800 1111 free 24/7</p>	<p style="text-align: center;">www.childline.org.uk</p>
<p>Staffordshire Connects SEND Local offer</p>		 <p style="text-align: center;">Click on the icon below to access support from Staffordshire Family Partnership.</p>
<p>School Mental Health Support Team - Stafford</p> 	<p style="text-align: center;">07929 846820 Email: MHSTInSchools@mpft.nhs.uk</p>	<p style="text-align: center;">https://camhs.mpft.nhs.uk/south-staffordshire/our-services</p>
<p>Young Minds Mental Health support</p>	<p style="text-align: center;">Crisis text messenger 85258 Free 24/7</p>	<p style="text-align: center;">youngminds.org.uk</p> <p style="text-align: center;">Click on the icons below to access information about Mental Health.</p> 
<p>Combined Wellbeing -</p>		<p style="text-align: center;">Young People - Combined Wellbeing</p>



<p>Kooth Free, anonymous online counselling and support for young people</p>	<p>Mon – Fri 12pm – 10pm Sat – Sun 6pm – 10pm</p>	<p>www.kooth.com</p>
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	<p>Phone </p>	<p>Website </p>
<p>stopitnow! Help if you are worried about your online behaviour or someone else's</p>	<p>0808 1000 900 free confidential weekdays 9am-9pm</p>	<p>www.stopitnow.org.uk</p>
<p>B-eat Support with eating disorders</p>	<p>0808 801 0711 or 0808 801 0677 free confidential not 24/7</p>	<p>www.beateatingdisorders.org.uk</p>
<p>Brook Sexual health advice for under 25s</p>	<p>X</p>	<p>www.brook.org.uk</p>

	Phone 	Website 
SelfHarm UK Support with self harm	X	www.selfharm.co.uk
Shout Crisis text messenger service (any age)	Text 85258 24/7	https://www.giveusashout.org/get-help/
Calm Harm Free app to help manage self-harm urges	X	https://calmharm.co.uk/
The Hideout Domestic Abuse website for young people	X	http://thehideout.org.uk/
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/
CEOP Reporting online sexual abuse or content		https://www.ceop.police.uk/safety-centre/

	Phone 	Website 
<p>Samaritans Free confidential support line for people who are feeling desperate</p>	116 123	<p>https://www.samaritans.org/</p> 
<p>Fearless Information and advice about youth crime. 100% anonymous crime reporting</p>		<p>https://www.fearless.org/en</p>
<p>101 Non-emergency Police number. For emergencies DIAL 999.</p>	101	
<p>111 <u>Non-emergency</u> health advice. For emergencies DIAL 999.</p>	<p style="text-align: center;">111 Call if you are seriously worried about symptoms</p> <p style="text-align: center;">24/7 free</p>	<p style="text-align: center;">https://111.nhs.uk/</p> <p style="text-align: center;">Use website if your enquiry isn't serious</p>

	 Phone	 Website
Anna Freud – National Centre for Children and Families		 Anna Freud National Centre for Children and Families https://www.annafreud.org/
Action for Children Staffordshire Emotional Health and Wellbeing Service	01782 977877 StaffordshireEWB@actionforchildren.org.uk	 https://www.actionforchildren.org.uk/ https://www.staffordshire-ewb.actionforchildren.org.uk/
Family Action 	01785 558172 01543 735699 01782 228963 staffordshire@family-action.org.uk	Our work & impact - Family Action (family-action.org.uk) Staffordshire Connects Family Action - Staffordshire Family Support & Outreach Service
Smiling Minds - versatile and practical mental fitness toolkit		Smiling Mind App — Smiling Mind  SMILING MIND
CAMHS Resources lots of helpful resources from across the internet that are available to help support your mental health and well-being		camhs-resources.co.uk

<p>Place2Be - children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.</p>		<p>Improving children's and young peoples mental health – Place2Be</p> 
	<p>0800 02 888 40</p>	<p>Child Bereavement UK</p>
<p>OCD-UK A national OCD charity, run by, and for people with lived experience of OCD</p> <p>We provide advice, information, and support services for those affected by OCD, and campaign to end the trivialisation and stigma of OCD.</p>	<p>01332 588112 * (available 10am-12pm)</p>	<p>OCD-UK A national OCD charity, run by, and for people with lived experience of OCD (ocduk.org)</p>
<p>Winston's Wish - charity supports bereaved children, young people, their families and the professionals who support them.</p>	<p>08088 020 021</p> <p>ask@winstonswish.org</p>	<p>https://www.winstonswish.org/</p>

<p>Wee Seeds - offers specially designed, fun, easy-to-do well-being exercises and activities for young children. Invest your time today in the next generation's mental health.</p> 		<p><u>Wee Seeds Social Enterprise Early Years Mental Health Resources for Parents, Teachers, and Employers</u></p>
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