

Mental Health and Wellbeing

BBC Bitesize – For all ages including under 13 years

Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world. Supporting parents, primary age children and secondary age children with top tips and activities whilst in isolation.

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

Place2be – For all ages including under 13 years

Place2be work with schools to support children's mental health. Supporting parents and children with activity ideas for families including a Coronavirus updates page with the latest advice and guidance for parents, carers and schools on supporting children and young people's mental health.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/> and mental Health resources:

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/>

Young Minds – For all ages including under 13 years

Young Minds provides a support service for parents and children with guides, information, resources including a [crisis messenger line for Children](#) who need urgent help and a parents helpline. It is young person user friendly with information, blogs and guides to support.

<https://youngminds.org.uk/find-help/your-guide-to-support/>

KOOTH – For all ages including under 13 years

Online wellbeing community, free, safe and anonymous support

<https://www.kooth.com/>

KOOTH's Swivel promotion portal is full of everything published by KOOTH including videos, posters, infographics and resources for [University and schools](#).

<https://kooth.swivle.cloud/#/search//name-asc/?path=ancestorPaths:%22%5CPromotion%20Portal%22>

Relate – For all ages including under 13 years

Information and help for [families and parenting](#), help for children and young adults, with blogs and frequently asked questions and self-help tools for all

<https://www.relate.org.uk/relationship-help/self-help-tools>

MindEd- For all ages including under 13 years

MindEd is a [free educational resource hub](#) on children and young people's mental health, information includes top parenting tips, building confidence and resilience and "things you want."

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

NHS The NHS have provided a range of [audio guides](#) on a selection of topics.

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

The Mix- For all ages including under 13 years

Essential support for [under 25's](#) offering discussion boards, group chat, speak to the team and find local services complete with 1-2-1 chat and a crisis messenger.

<https://www.themix.org.uk/your-voices>

Youth Access - For all ages including under 13 years

Young people's [counselling services](#) additionally contains information and resources for practitioners.

<https://www.youthaccess.org.uk/covid-19-resource-hub/for-practitioners>

Childline - For all ages including under 13 years

"Online, on the phone, anytime" a website full of info and advice, support, message boards, videos articles and games.

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

Samaritans - For all ages including under 13 years

Direct instant contact with a [Samaritan](#), includes a self-help app to "keep track of how you're feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis."

<https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/>

Campaign against Living Miserably (CALM) – for all ages including under 13 years

Calm is a leading movement against suicide with 75% of all UK [suicides being male](#). Help online and webchat.

<https://www.thecalmzone.net/>

Papyrus – For all ages including under 13 years

Prevention of young [suicide](#), resources for professionals in "building suicide-Safer schools and colleges guide"

<https://www.papyrus-uk.org/schools-guide-downloadable-resource/>

Harlington Hospice – For ages 4 to 17 years.

Child and adolescent [bereavement](#) service 4 – 17 Years. Tel- 07712234518

<https://www.harlingtonhospice.org/covid-19-support-and-advice>

Anna Freud - National Centre for Children and Families – For ages 3 to 11 years

Information, activities, resources and toolkits for children parents and staff for [Primary Children](#) aged 3 to 11 years.

<https://www.mentallyhealthyschools.org.uk/getting-started/>

Mental Health Foundation

A guide on how to [sleep](#) better

<https://www.mentalhealth.org.uk/publications/how-sleep-better>

Royal College of Psychiatrists

Information for young people, parents and carers about young people's [mental health](#), it is written by psychiatrists and young people working together.

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Psychology Tools

Information, downloads and [self-help](#) resources.

<https://www.psychologytools.com/>

Therapist Aid

Download free therapy worksheets on a wealth of topics, this site includes worksheets, [interactive tools](#), therapy tools, guides, [videos and articles for children, teens and adults](#).

<https://www.therapistaid.com/therapy-worksheets>

includes [Art Therapy](#) worksheets

<https://www.therapistaid.com/therapy-worksheets/art/none>

Psych Point

Free therapy [self-help worksheets](#) on various mental health topic areas.

<https://www.psychpoint.com/mental-health/?s=self+help>

Healios – Think Ninja – For ages 10 to 18 years

Think Ninja is an app, that will bring “self-help knowledge and skills to children and young people aged 10 – 18 years old who may be experiencing increased anxiety and stress during the COVID 19 Crisis.”

<https://www.healios.org.uk/services/thinkninja1>

P3 Charity

Provides help for [education](#), [housing](#) and [mental health](#). Free help yourself resources available for mental health.

<https://www.p3charity.org/get-help/help-yourself-resources>

SHOUT 85258 – For all ages including under 13 years

Text shout to 85258, [24/7 any time day or night](#), messages are confidential and anonymous, and it is free from all major mobile networks in the UK.

<https://giveusashout.org/>

Tips and resources on the website:

<https://giveusashout.org/get-help/resources/>

Stem 4 – Supporting Teenage Mental Health – For teenagers

Resources and free Apps for teenagers to stay on track.

[Calm Harm](#) – Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.

[Clear Fear](#) - Clear fear is a free app to help children and young people manage symptoms of anxiety.

[Move Mood](#) – Move Mood is a free app to help teenagers manage low mood and depression.

[Combined Minds](#) – Combined Minds is a free app to help families and friends provide mental Health Support

https://stem4.org.uk/?gclid=EAlaIqOBChMIqJHc7 iq7gIVB57tCh2wJgFIEAAYAiAAEgJI9fD_BwE

[Blueice](#) (www.oxfordhealth.nhs.uk/blueice/) is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.

[Smiling Mind](#) (www.smilingmind.com.au/smiling-mind-app) is a free app and website that provides mindfulness exercises for young people and adults.

[Stop-Breathe-Think](#) (www.stopbreathethink.com/) guides people through meditations for mindfulness & compassion.

Twining Enterprise is delighted to launch 'Developing Futures' a 10-week e-mentoring programme for 18- to 24-year-olds from minority backgrounds.

[Twining Enterprise launches e-mentoring programme for young people!](#)

Bodyandsoul charity – suicide and trauma

[Body & Soul Charity – Transforming Trauma With Love \(bodyandsoulcharity.org\)](#)

Healthy Young Minds – For all ages including under 13 years

A child and adolescent Mental Health Service that provides a range of websites, guides and information offering help, support and advice for young people, parent, carers or adults working with young people.

<https://healthyyoungmindspennine.nhs.uk/>

[Mindshift](#) – Mindshift is a [free app](#) designed to help teens and adults cope with [anxiety](#).

<https://www.anxietybc.com/resources/mindshift-app>

B-eat (Beating Eating Disorders) Youth Helpline – for all ages

Information help and support for anyone affected by [eating disorders](#).

<https://www.b-eat.co.uk/support-services/helpline>

Don't Be a Zombie

This site is aimed at combating the issues associated with [drug and alcohol abuse](#) among many young people in the UK. The site provides information and harm reduction advice around drugs and alcohol including tools that can be used by young people to address substance related needs.

<http://dontbeazombie.co.uk/the-project/>

Making Sense of Mental Health

Making Sense of Mental Health has been developed to support staff working in [special needs schools](#) to understand the mental health of children and young people with [complex needs](#). This interactive, online training, which aims to support staff in understanding, identifying and responding to mental health needs of children and young people with complex needs.

<http://www.makingsenseofmentalhealth.org.uk>

Building Connections

Building Connections is an online service for young people up to the age of 19, empowering them to find a way through loneliness.

[Building Connections | Support service for young people | NSPCC Learning](#)

Tiger Light Project

Barnardo's Tiger light programme provides emotional support for children and young people (under 18) where there has been a disclosure of sexual abuse or sexual assault, or where a professional believes sexual abuse is likely.

<https://www.barnardos.org.uk/get-support/services/tiger-light-nwl>

Parent Zone – Parents' area

Who else you can talk to in a crisis?

GP or NHS 111

Hillingdon Mental Health crisis team - Single Point of access 0800 0234 650

Self Help Video's and Websites

Self-compassion:

<https://self-compassion.org/category/exercises/>

Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm).

Responsibility:

<https://www.youtube.com/watch?v=ZYOUJucqyMI>

Smiling Mind (www.smilingmind.com.au/smiling-mind-app) is a free app and website that provides mindfulness exercises for young people and adults.

Dealing with uncertainty

<https://www.helpguide.org/articles/anxiety/dealing-with-uncertainty.htm>

Self help audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Self-help Leaflets – Highly recommended

<https://web.ntw.nhs.uk/selfhelp/>

How to stop worrying about what people think

<https://www.businessinsider.com/how-to-stop-worrying-about-what-other-people-think-2016-7?r=US&IR=T>

DOMESTIC ABUSE

HDAAS -Hillingdon Domestic Abuse Advocacy Service – DA advice and Support

Contact 07874 620954 - hdaas@hillington.gov.uk

National Domestic Abuse Helpline - 0808 2000 247

Hillingdon Women's Centre - The charity is open to women aged 18 and over with any issue; of which the greatest demand is for those relating to domestic violence, sexual abuse, exploitation, housing/homelessness, mental health, poverty, isolation, language and culture.

Contact:01895 259578

Richmond Fellowship – DVIP's children's therapy service - DVIP.Therapy@RichmondFellowship.org.uk

Victim Support - Victim Support is an independent charity for victims of crime in England and Wales. Providing specialist services to help people cope and recover. We support victims/survivors of domestic abuse/violence and our IDVA Service provides information, advice and support which includes risk assessment, safety planning, advocacy, onward referrals and signposting to specialist services.

Contact: 08 08 16 89 111 (free phone) - There is also a Victim Support London Line (0808 168 9291) which is open 8am-8pm, Monday-Friday and Saturday 9am-5pm.

Mankind - Male Victims of Domestic Abuse Providing information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband. This can range from physical violence or object throwing to abuse such as constant bullying or insults.

Contact: 0182 3334244 - Confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

There is also a directory of local services (called the Oak Book) which support male victims.

Southall Black Sisters - Advice, advocacy and resource centre in West London which provides a comprehensive service to women experiencing violence and abuse and other forms of inequality. Offering specialist advice, information, casework, advocacy, counselling and self help support services in several community languages, especially South Asian languages.

Contact: 020 8571 9595 - www.southallblacksisters.org.uk/no-recourse-fund - info@southallblacksisters.co.uk

Forced Marriage Unit - 020 7008 0151 Overseas - +44 (0)20 7008 0151 fmufcdo.gov.uk

Bright Sky App - mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. - brightsky@hestia.org

LovingMe - Domestic Abuse & Sexual violence Service for Trans & Nonbinary People
[Information for Professionals – Loving Me](#)

Each Counselling

Ages 11 -18-year-old Girls exposed to Domestic Abuse. The sessions we offer are 12, with a possibility to extend to 16 and up to 21 sessions. We offer remote as well as in person sessions. The referral form, which is to be sent to info@eachcounselling.org.uk.

[Awaaz- Young People Service - EACH Counselling and Support](#)

Urgent mental health support - 24/7 crisis lines



Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS
PROVIDER OF YOUNG PEOPLE

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat
Eating Disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine