Mental health and wellbeing resources for children and young people

We know that you may be experiencing a variety of feelings in response to the COVID-19 outbreak such as anxiety, stress or low mood. It is important to understand that these are normal responses to an abnormal situation. We have put together some useful links and sources of support so that you get the advice and help you need.

If you need urgent advice or support

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.	Text: **AFC** to **85258**	All age groups
BEAT's Youthline offers support to children and young people with an eating disorder.	Website and online chat: https://www.beateatingdisorders.org.uk/support-services/helplines Phone: **0808 801 0711**	All age groups
ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there.	Website and online chat: https://www.childline.org.uk/ Phone: **0800 1111**	All age ranges
Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website: http://each.education/homophobic-transphobic-helpline Phone: **0808 1000 143** open Monday to Friday 10am to 5pm.	All age ranges
Hope Again is the youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one.	Website: https://www.cruse.org.uk/get-help/for-parents Phone: **0808 808 1677**	All age groups
Mermaids offer a free and confidential phone and web-chat service which has been designed specifically to support trans, gender-diverse and non-binary students. This is open to young people aged 18 to 25, and is available 9am to 9pm, Monday to Friday.	Website and web-chat service: https://mermaidsuk.org.uk/mermaids-student-space/ Phone: **0808 8010 424**	18 to 25 years

Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.	Website: https://www.papyrus-uk.org/ Phone: **0800 068 41 41** Text: **07786 209 687**	All age groups
Samaritans are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.	Phone: **116 123** Email: jo@samaritans.org	All age groups
Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.	Text **'Shout'** to **85258** to get an empathetic, trained volunteer who will listen and work with you to solve problems.	All age groups
Student Space is here for students through coronavirus. Help and guidance is available.	Website and webchat: http://www.studentspace.org.uk/ Text: **STUDENT** to **85258** You can also use their search tool to find the services available at your university.	18 to 21 years
Switchboard LGBT+ helpline is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.	Website and web chat: https://switchboard.lgbt/ Phone: **0300 330 0630** Email: chris@switchboard.lgbt	All age groups
The Mix is the UK's leading support service for young people. They offer help and support to help with any challenge children are facing from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or counselling service.	Website and online chat: https://www.themix.org.uk/ Text: **THEMIX** to **85258** Phone: **0808 808 4994**	All age groups
Young Minds Crisis Messenger provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.	Website: https://youngminds.org.uk Text: **YM** to **85258** (24/7) for urgent help	All age groups

General mental health and wellbeing support, building resilience and staying well

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provide support to children and young people, sharing clear, simple advice and resources. 'On My Mind' aims to empower young people to make informed choices about their mental health and wellbeing through advice, support, tips and self-care strategies.	Websites: https://www.annafreud.org/coronavirus-support/support-for-young-people/ https://www.annafreud.org/on-my-mind/ Text: **AFC** to **85258**	All age groups
BBC Bitesize offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships.	Website: https://www.bbc.co.uk/bitesize/collections/life-and-wellbeing/1	All age groups
Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: https://www.nhs.uk/every-mind-matters/	All age groups
Kooth free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes: • a magazine • discussion boards • messages or live chat with their team • a daily journal you can fill in	Website: https://www.kooth.com/	All age groups
Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.	Website: https://nowandbeyond.org.uk/help-and-support	All age ranges
The **Think Ninja** (freely available and adapted for COVID-19) app educates children and young people about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well.	App: https://www.nhs.uk/apps-library/thinkninja/	10 to 18 year olds
Young Minds offers online information on COVID-19 and mental health for children and young people.	Website: https://youngminds.org.uk Text: **YM** to **85258**	All age groups

Bereavement

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provide support to children and young people dealing with loss and bereavement and signposts to bereavement organisations and local support.	Websites: https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/ Text: **AFC** to **85258**	All age groups
Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where children and young people can learn from other young people, how to cope with grief, and feel less alone.	Website: https://www.cruse.org.uk/get-help/for-parents Phone: **0808 808 1677**	All age groups
The Childhood Bereavement Network includes content specific to COVID-19 with a hub for professionals supporting bereaved children.	Website: http://www.childhoodbereavementnetwork.org.uk/schools.aspx	All age groups

Bullying

Summary of support	How to contact	Age range
Anti-Bullying Alliance are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn**.** They provide expertise in relation to all forms of bullying between children and young people.	Website: https://www.anti-bullyingalliance.org.uk/tools-information	All age ranges
ChildLine have a designated page for bullying issues that includes a new video about building up your confidence after bullying.	Website and online chat: https://www.childline.org.uk Phone: **0800 1111**	All age ranges
Ditch the Label is a global youth charity, here to help young people aged 12 to 25 navigate the issues affecting them the most; from mental health and bullying to identity, Asian hate crimes and relationships.	Website and online forum: https://www.ditchthelabel.org/	12 to 25 years
Educational Action Challenging Homophobia (EACH) offers advice and support online for children experiencing	Website: http://each.education/homophobic-transphobic-helpline	All age ranges

homophobic, biphobic or transphobic bullying or harassment.	Phone: **0808 1000 143** open Monday to Friday 10am to 5pm.	
Kidscape has advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.	Website: https://www.kidscape.org.uk/advice/advice-for-young-people/	All age ranges
Young Minds offers online information and advice on bullying for children and young people.	Website: https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/ Text: **YM** to **85258**	All age ranges

Sleep problems

Summary of support	How to contact	Age range
Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: https://www.nhs.uk/every-mind-matters/	All age groups
Teen Sleep Hub offers advice, support and tips on achieving a good night's sleep.	Website: https://teensleephub.org.uk	Teens
Young Minds offers online information, advice and tips for children and young people having issues with sleep and how to get help.	Website: https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems Text: **YM** to **85258**	All age groups

Transitions

Summary of support	How to contact	Age range
BBC Bitesize offers support, advice and tips to children and young people on starting primary school, secondary school and options for college and university.	Websites: https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1	All age groups

	https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1 https://www.bbc.co.uk/bitesize/collections/college-and-apprenticeships/1	
Charlie Waller Trust have support, advice and tips for young people starting sixth form, college and university	Website: https://charliewaller.org/student	16+
Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: https://www.nhs.uk/every-mind-matters/	All age groups
Student Space is here for students through coronavirus. Help and guidance is available. Explore a range of trusted information, services, and tools to help you with the challenges of student life.	Website and webchat: http://www.studentspace.org.uk/ Text: **STUDENT** to **85258** You can also use their search tool to find the services available at your university.	18 to 21 years
The Mix offers advice and support for young people returning to university after lockdown.	Website and online chat: https://www.themix.org.uk/work-and-study/student-life/what-will-student-life-be-like-this-year-37764.html Text: **THEMIX** to **85258** Phone: **0808 808 4994**	18 to 21 years
Young Minds provides a way young people can look after themselves whilst being at university.	Website: https://youngminds.org.uk/find-help/looking-after-yourself/looking-after-yourself-at-uni/ Text: **YM** to **85258**	18 to 21 years

Vulnerable children

Summary of support	How to contact	Age range
Barnardo's See, Hear, Respond programme, focusses on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.	Website: https://www.barnardos.org.uk/see-hear-respond	All age ranges
Everyone's Invited are a movement committed to eradicating rape culture. Trigger warning for the survivor testimonies: Rape and sexual assault abuse (physical, mental, emotional, verbal, sexual), eating disorders, self-harm, suicide or suicidal ideation, violence, child abuse and paedophilia.	Website: https://www.everyonesinvited.uk/	All age groups
Make Our Rights Reality is a movement of young people demanding our rights. It's coordinated by Youth Access – a charity working for the rights of every young person to be able to get support when and where they need it. Through the Make Our Rights Reality movement, young people have set up the Our Minds Our Future campaign to demand young people's right to mental health be met.	Website: https://makeourrightsreality.org.uk/	All age ranges
The Proud Trust is a lifesaving and life enhancing organisation that helps LGBT+ young people empower themselves, to make a positive change for themselves, and their communities.	Website: https://www.theproudtrust.org/	All age ranges