



NHS

HEALTH&TEENS

**Mental health support
for children, young
people and families
during COVID-19**

URGENT HELP - (EMERGENCY)

Call **999** or go to **A&E** if:

- Your life is at risk
- You do not feel able to keep yourself safe

URGENT HELP - (NON- EMERGENCY)

Call **Central Access Point** 24 hours a day, 7 days a week on **0116 295 3060** if:

- You have an urgent mental health need during the COVID-19 pandemic

Call **NHS 111** or ask for an urgent **GP** appointment if:

- You need help urgently for your mental health, but it's not an emergency
- You are struggling to cope

NATIONAL SERVICES, HELPLINES AND CHARITIES

Childline – call **0800 1111** or speak to a counsellor online at www.childline.org.uk

Anna Freud – The Anna Freud National Centre for Children and Families works to change the experience of children, young people and families with their mental health.

www.annafreud.org

Young Minds – for children’s and young people’s mental health, including support if you’re struggling. youngminds.org.uk

Samaritans – the national helpline open 24 hours a day, 365 days a year for anyone who needs support or someone to listen. Call **116 123** free, or email jo@samaritans.org.

www.samaritans.org/

Shout – text “**SHOUT**” to **85258** if you’re unable to cope and need support from a crisis volunteer. www.giveusashout.org/

Switch Board – an LGBT+ listening service via phone, email and instant messaging.

Call **0300 330 0630** or go to switchboard.lgbt

stem4 – a charity supporting positive mental health in teenagers – their website includes free apps and other resources. stem4.org.uk

PAPYRUS – the UK charity for the prevention of young suicide.

Contact **HOPELINEUK** on **0800 068 4141** if you, or one of your friends, needs confidential suicide prevention advice.

papyrus-uk.org

NSPCC – if you’re worried about a friend or a younger member of your family,

call **0808 800 5000** or email help@nspcc.org.uk www.nspcc.org.uk

Beat – the UK’s eating disorders charity. Call the Helpline on **0808 801 0677**, Youthline on 0808 801 0711 or Studentline on **0808 801 0811**, or try web chat at www.beateatingdisorders.org.uk

The Mix – a friendly support service offering telephone and instant messaging support to anyone under 25. Call **0808 808 4994** or go to www.themix.org.uk

Family Action – provides practical, emotional and financial support. Contact FamilyLine by calling **0808 802 6666** (Mon-Fri, 9am-9pm), by texting **07537 404 282**, by emailing familyline@family-action.org.uk, or via live web chat. www.family-action.org.uk

ONLINE INFORMATION AND ADVICE

COVID-19: Guidance on supporting children and young people's mental health and wellbeing –

Public Health England

Children's Guide to Coronavirus – The Children's Commissioner for England

COVID-19 – Protecting Children & Young People's Mental Health – CYP Mental Health Coalition

Helping Children Cope with Stress during 2019 n-Cov Outbreak – WHO

Talking to your child about coronavirus – Young Minds

How to talk to your children about Covid-19 – Anxiety UK

Understanding Coronavirus – Under 25s – The Mix

Coping during the pandemic (Children 7-12) – Online Course – The Recovery College Online

Five Ways to Wellbeing – Start a Conversation

Health for Teens – a website full of information and activities on mental, physical and sexual health, growing up, feelings and more.

Health for Kids – a website with fun activities, help and advice for children.