**PARENTS: External emotional wellbeing and mental health support**

**Young Minds**

Specific page for parents, offering a helpline for parents, a parent’s lounge, parents survival guide and an A-Z guide to support for parents.

[www.youngminds.org.uk/find-help/for-parents](http://www.youngminds.org.uk/find-help/for-parents)

YM Parents Helpline: 0808 802 5544

**PSG Supporting Parents**

Parent support groups, helpline and advice for when parenting becomes challenging.

[www.psg.org.uk](http://www.psg.org.uk)

Helpline: 07908 101 767

**Bullying UK (Family Lives)**

Supports children and parents which have had to deal with bullying. Confidential helplines and parenting advice videos, forums and parenting courses.

[www.familylives.org.uk](http://www.familylives.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)

Helpline: 0808 800 2222

Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

**Kidscape**

Help with bullying: helping families and children feel less alone, more hopeful and stronger.

Parent advice line: 020 7823 5430

Email: [info@kidscape.org.uk](mailto:info@kidscape.org.uk)

**Dad Info**

Supporting dads through all aspects of family life – articles and podcasts, webchat and forum.

[www.dad.info](http://www.dad.info)

**Charlie Waller Memorial Trust**

Encouraging the importance of people understanding and being able to talk openly about depression. Helping young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it. Resources and information.

[www.cwmt.org.uk](http://www.cwmt.org.uk)

**St. Michaels Associates**

For Black and Minority Ethnic (BME) families: working with parents of young people at risk of educational failure and social exclusion, those with learning, behavioural and emotional difficulties.

[www.stmichaelassociates.org.uk](http://www.stmichaelassociates.org.uk)

Call: 020 7708 3939

Email: [info@stmichaelassociates.org.uk](mailto:info@stmichaelassociates.org.uk)

**Families Outside**

Voicing the needs of families affected by imprisonment. Free and confidential helpline.

[www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

Helpline: 0800 254 0088

**MindEd**

A free educational resource via e-learning on children and young people’s mental health for all adults.

[www.minded.org.uk](http://www.minded.org.uk)

**Local Services**

**Bexley Social Care**

Call: 0203 303 7777

**Bexley Child and Adolescent Mental Health Service (CAMHS)**

CAMHS provide an assessment and treatment service for children and young people (aged 0-18) where there are significant concerns about their behaviour or emotional wellbeing. Children are referred by their GP, health visitor, school, social worker, voluntary worker of any other professional working with them.

<http://oxleas.nhs.uk/site-media/cms-downloads/CAMHS_Bexley_parent_April_2011.pdf>

**Bexley Anti-Bullying Project**

[antibullyingproject@bexley.gov.uk](mailto:antibullyingproject@bexley.gov.uk)

Call: 07799 072 090 / 07974 184 796

**IMAGO Bexley Young Carers Service**

Imago Young Carers delivers a support service to anyone aged 8-18 living in Bexley who is taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.

<https://www.imago.community/Children-and-Young-People/Bexley-Young-Carers>

Call: 0300 111 1110

**Bexley Moorings Project**

The Bexley Moorings Project supports vulnerable young people aged 8-17 in the London Borough of Bexley. Support includes one-to-one befriending, focused group work and Cognitive Behavioural Therapy (CBT) for young people. Online referral form.

Email: [info@bexleymoorings.co.uk](mailto:info@bexleymoorings.co.uk)

**Mind in Bexley Crisis Café**

Mental health crisis support for over-18’s, drop-in café.

[www.mindinbexley.org.uk/crisis-cafe/](http://www.mindinbexley.org.uk/crisis-cafe/)

**South London Counselling Services (SLCS)**

A voluntary charitable company providing impartial and confidential services in guidance and free therapeutic counselling services for children, young people and adults.

[www.slcservices.org](http://www.slcservices.org)

Call: 020 8852 3400

**Bexley Sexual Health Service**

A one-stop website providing all Bexley residents with comprehensive information and advice on sexual health.

[www.bexleysexualhealth.org](http://www.bexleysexualhealth.org)

**General Mental Health – information and advice:**

**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

Mind Infoline: 0300 123 3393

Text: 86463

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

**Time to Change**

Tackles the stigma of mental health, also works with schools and employers to end mental health discrimination

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**Live it Well**

[www.liveitwell.org.uk](http://www.liveitwell.org.uk)

24-hour Mental Health Helpline: 0800 107 0160

**Rethink Mental Illness**

Helpline: 0300 5000 927

Email: [advice@rethink.org](mailto:advice@rethink.org)

Advice pages: [www.rethink.org/advice](http://www.rethink.org/advice)

**Samaritans**

A free, confidential telephone counselling service aimed at providing emotional support to help anyone in emotional distress or struggling to cope.

[www.samaritans.org.uk](http://www.samaritans.org.uk)

Free helpline: 116 123

Text: 07725 90 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Specific Mental Health conditions – information and advice:**

**Eating Disorders**

**Beat**

Charity supporting anyone affected by eating disorders, anorexia, bulimia or any other difficulties with food, weight and shape.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Youthline: 0345 6347650

**Self-harm**

**Self-Harm UK**

National self-harm network dedicated to self-harm recovery and support.

[www.selfharm.co.uk](http://www.selfharm.co.uk)

Email: [info@selfharm.co.uk](mailto:info@selfharm.co.uk)

**TESS / Self-Injury Support**

Support for women and girls; resources and training for all.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Helpline: 0808 800 8088

Text: 0780 047 2908

**Anxiety and Depression**

**Anxiety UK**

Dealing with all different forms of anxiety and what leads to it, a support network offering advice for overcoming anxiety.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Infoline: 03444 775 774

Text service: 07537 416 905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**Depression UK**

A national self-help organisation helping people cope with their depression.

[www.depressionuk.org](http://www.depressionuk.org)

Email: [info@depressionuk.org](mailto:info@depressionuk.org)

**OCD**

**OCD UK**

Guiding anyone who is affected by Obsessive Compulsive Disorder.

[www.ocduk.org](http://www.ocduk.org)

Support line: 03332 127 890

**Learning Disabilities**

**Respond**

Helping to lessen the effect of trauma and abuse on people with learning disabilities, through providing psychotherapy for people with learning disabilities and advice and support for staff and families.

[www.respond.org.uk](http://www.respond.org.uk)

**The Judith Trust**

Closing the gap for all those with learning difficulties and mental ill-health.

[www.thejudithtrust.org.uk](http://www.thejudithtrust.org.uk)

Call: 020 7266 1073

Email: [info@thejudithtrust.org.uk](mailto:info@thejudithtrust.org.uk)

**ADHD**

**ADDISS**

ADHD Information Services

[www.addiss.co.uk](http://www.addiss.co.uk)

Call: 020 8952 2800

**Bereavement**

**Winston’s Wish**

Support for bereaved children to make sense of death and rebuild their lives.

[www.winstonswish.org](http://www.winstonswish.org)

Helpline: 08088 020 021

**Grief Encounter**

Supporting bereaved children and young people. Online chat option.

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

Helpline: Grieftalk 0808 802 0111

Email: [grieftalk@griefencounter.org.uk](mailto:grieftalk@griefencounter.org.uk)

**Addiction**

**Nacoa**

The National Association for Children of Alcoholics – providing information, advice and support for everyone affected by a parent’s drinking.

[www.nacoa.org.uk](http://www.nacoa.org.uk)

Helpline: 0800 358 3456

Email: [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk)

**FRANK**

A national drug education service which offers confidential information and advice for anyone concerned about drug or solvent misuse.

[www.talktofrank.com](http://www.talktofrank.com)

Call: 0300 123 6600

Text: 2111

**Rape and Sexual Abuse:**

**RASASC** (Rape & sexual abuse)

[www.rasasc.org.uk](http://www.rasasc.org.uk)

Helpline: 0808 802 9999

**Family Matters** (Rape & sexual abuse)

[www.familymattersuk.org](http://www.familymattersuk.org)

Helpline: 01474 537392

**Equality and Diversity:**

**Metro**

Embracing difference. The provision of health, community and youth services across London and the South East.

www.metrocharity.org.uk

**Stonewall**

Campaigning for the equality of lesbian, gay, bi and trans people across Britain.

[www.stonewall.org.uk](http://www.stonewall.org.uk)

Freephone: 0800 050 20 20