

## **STUDENTS: External emotional wellbeing and mental health support**

### **Young People's Mental Health Services:**

#### **Kooth**

Free, safe and anonymous online support for young people.

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

#### **The Mix** (Support for under-25's)

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

Helpline: 0808 808 4994

Crisis text line: Text THE MIX to 85258

#### **Headscape**

Information and feelings check-in website, designed for young people, by young people.

Bexley: [www.headscapebexley.co.uk](http://www.headscapebexley.co.uk)

Greenwich: [www.headscapegreenwich.co.uk](http://www.headscapegreenwich.co.uk)

#### **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)

#### **PAPYRUS** (Prevention of young suicide)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Text advice: 07786 209697

HOPELineUK: 0800 068 4141

Email advice: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

#### **Students Against Depression**

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

Self-help Resources Guide: <https://www.studentsagainstdepression.org/self-help/>

#### **Childline**

A free, confidential 24-hour telephone counselling service for any child and young person up till their 19<sup>th</sup> birthday. Online Message Boards, Toolbox and 1-2-1 counsellor chat.

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

Call: 0800 1111

#### **No Panic**

Youth helpline, resources and self-help support for anxiety disorders. A six-week youth mentoring scheme over the phone is available.

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

Youth Helpline: 0330 606 1174 (13 to 20 year olds)

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

### **Young Minds**

Provides advice for children, young people and parents around mental health to improve emotional wellbeing.

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

Email: [ymentquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk)

Urgent help: Text YM to 85258

### **STEM4**

Stemming teenage mental illness, supporting teenage mental health.

Free app for anxiety: Clear Fear

[www.stem4.org.uk/](http://www.stem4.org.uk/)

### **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)

### **Royal College of Psychiatrists**

Information, suggested reading and websites in the young people's section.

[www.rcpsych.ac.uk/mental-health/parents-and-young-people](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people)

### **HeadMeds**

From Young Minds – to assist young people in making choices about medicines.

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

### **Brook Advisory Service**

UK's leading provider of sexual health services and advice for young people under 25.

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

Online support: [www.brook.org.uk/our-services/ask-brook-a-question-24-7](http://www.brook.org.uk/our-services/ask-brook-a-question-24-7)

### **Rosebud Centre**

Service for young women aged 14-19 years old. Aims to support and empower young women in the blossoming years before womanhood. Provides counselling, therapy, mentoring and activities.

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

Telephone: 07956 427194 or 07918 142977

### **The Student Room**

The UK's largest, online student community, with online study/revision help and forums for GCSE, A-level and university. There is information on exam results, clearing, applying to university and advice on relationships, health and mental health.

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

### **Youth Access**

Working with the Youth Information, Advice and Counselling Services (YIACS) model, Youth Access provides free, high quality advice and counselling to young people aged 11-25 on a range of issues. Includes a 'Find your local service' section on the website.

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

### **16+ Mental Health Services:**

#### **NHS Go**

A confidential health advice and information service for 16-25 year olds.

[www.nhs.go.uk](http://www.nhs.go.uk)

#### **Big White Wall**

16+ online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares

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

Call: 020 3405 6196

### **Local Services:**

#### **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](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/)

**Deborah Ubee Trust**

A Greenwich-based charity promoting emotional health and wellbeing, and offering a range of therapeutic services. They support people of all ages and from all walks of life, irrespective of their ability to pay.

<https://thedeborahubeetrust.org.uk/>

Contact page on website: <https://thedeborahubeetrust.org.uk/contact>

**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

**Good Thinking**

Online resource providing access to advice and tools, aimed at improving the health and wellbeing of Londoners.

<https://www.good-thinking.uk/>

Children and Young People: <https://www.good-thinking.uk/children-and-young-people/>

**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: Griefftalk 0808 802 0111

Email: [griefftalk@griefencounter.org.uk](mailto:griefftalk@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

## LGBTQ+ Support:

### **The Proud Trust**

The Proud Trust is a life-saving and life enhancing organisation that helps LGBT+ people empower themselves, to make a positive change for themselves through youth groups, events and research and resources

<https://www.theproudtrust.org/for-young-people/>

### **METRO Shine**

METRO Shine is a group for lesbian, gay, bisexual, trans, non-binary, queer and questioning young people in Greenwich and Bexley. They usually meet in Greenwich every Tuesday from 6.30-8.30pm (but virtually via Zoom at the moment).

<https://metrocharity.org.uk/youth/metro-shine>

### **METRO LGBTQ counselling for young people:**

<https://metrocharity.org.uk/youth/lgbtq-counselling-for-young-people>

Email [counselling@metrocharity.org.uk](mailto:counselling@metrocharity.org.uk) or call 020 8305 5009 to self-refer.

### **Young Stonewall**

Empowering all young people, regardless of their sexual orientation or gender identity, to campaign for equality and fair treatment for LGBTQ people, and to end discrimination.

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

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

Call: 0300 330 0630 (every day 10am-10pm)

## Equality and Diversity:

### **Metro**

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

[www.metrocharity.org.uk](http://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