

## Mental Health - directory of support for staff and pupils

<u>Organisation</u>	<u>What it does</u>	<u>Contact Information</u>
Samaritans	A freephone listening service providing support for any worries/anxieties and a listening ear.	116 123
Young Minds	Offers support and signposting to other 'agencies'. Many good resources	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Parents helpline 0808 802 5544
Papyrus	A national charity for prevention of young suicide. Provides support if you or a young person needs confidential suicide prevention advice. Leaflets and resources	Contact HOPELINE 247 01925572444 <a href="http://Papyrus-uk.org/">Papyrus-uk.org/</a>
SHOUT	Offers support in a crisis Free resources	Text shout to 85258
HARMLESS	Provides resources, advice and/or support for young people who are self-harming or at risk of self-harming. Also provides support for parents/carers/friends The Tomorrow Project	Email: <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>
Worth it	Many free resources for schools around all areas of mental health	<a href="http://www.worthit.org.uk">www.worthit.org.uk</a> 0300 3233230
Charlie Waller Memorial Trust	Provides resources and training around mental health.	0163 869754 <a href="http://www.charliewaller.org">www.charliewaller.org</a>
Childline	A free, private and confidential service for young people where you can talk about anything.	0800 1111 9am - midnight <a href="http://Childline.org.uk/">Childline.org.uk/</a>
NHS Health for Teens	Online resources and information covering a wide range of health issues.	<a href="http://Healthforteens.co.uk/">Healthforteens.co.uk/</a> 0752 061 5387
NHS chat health text service	ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.	<a href="http://Nhs.uk/apps-library/chathealth/">Nhs.uk/apps-library/chathealth/</a> 0752 061 5387
Turning Point	For advice on substance misuse – professional and self-referral.	0116 2256350 <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>
Anna Freud	One example of what Anna Freud can offer is <b>Schools in Mind</b>  Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise	Email - <a href="mailto:schoolsinmind@annafreud.org">schoolsinmind@annafreud.org</a>  0207 749 2313 <a href="http://Annafreud.org/">Annafreud.org/</a>

	<p>regarding the wellbeing and mental health issues that affect schools.</p> <p>The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.</p>	
Kooth	Kooth provide free, safe and anonymous online support and counselling.	0845 330 7090 <a href="https://www.kooth.com/">Kooth.com/</a>
Ed Psychology Service	Helpline for parents, teachers available daily 9 – 11.30.	0116 305 5100
Early Help – children and family well-being service	Support for children and families Contact using a MARF	Refer to Early Help using the MARF  Children and Family Well-being Service 0116 305 8727 for more information
Place2be	Information as to how parents can support children with their mental health as well as advice for children	Place2be.org.uk 02079235500 Email enquires@place2be.org.uk
Barnados	Specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more.	<a href="https://www.barnados.org.uk/">https://www.barnados.org.uk/</a>  Helpline 0800 157 7015
LAMP (Leicestershire Action for Mental Health)	A local charity providing mental health support and advocacy.	0116 255 6286 <a href="https://www.lampadvocacy.co.uk">Lampadvocacy.co.uk</a>
Switch Board	A one stop LGBT listening service via phone, email and instant messaging.	0800 0119 100 10.00 22.00 every day Email - hello@switchboard.lgbt
Healthy Schools	Training for schools around mental health including bereavement training staff health and well -being, mental health in early years etc.	<a href="https://www.leicestershirehealthyschools.org.uk/training-and-events">https://www.leicestershirehealthyschools.org.uk/training-and-events</a>
Let's talk wellbeing Vita Health Group	A local NHS service providing talking therapy for mild to moderate mental health concerns including stress, anxiety, depression etc For young people over the age of 16 – self referral.	0330 0945595 <a href="https://www.letstalkwellbeing.co.uk">Letstalkwellbeing.co.uk</a>
Youth helpline	Support for 13 –20 year olds	0300 772 9844 <a href="https://www.nopanic.org.uk/">https://www.nopanic.org.uk/</a>
Family action	Work with vulnerable families and children	0116 216 8334 <a href="https://www.family-action.org.uk">www.family-action.org.uk</a>

MIND	Information and resources for understanding your mental health and to help understand and improve your mental well-being.	0300 123 3393 <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>
SANEline	Out of hours online support for anybody experiencing mental health problems or is supporting someone who is.	0300304700 available daily from 4.30pm <a href="https://www.sane.org.uk/what-we-do/support/helpline">Sane.org.uk/what we do/support/helpline</a>  300 304 7000 Email: <a href="mailto:support@sane.org.uk">support@sane.org.uk</a>
School Nurses	A wealth of advice – check this website to contact this service.	<a href="https://www.healthforkids.co.uk/leicestershire/school-nurses/">Healthforkids.co.uk/leicestershire/school-nurses/</a>