

## Support Organisations

**YoungMinds** is a mental health and wellbeing charity for children and young people. Confidential online and telephone support is available to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

YoungMinds Parents' Helpline: 0808 802 5544 (Monday –Friday, 9.30am - 4pm)

<http://www.youngminds.org.uk/>

[Advice and support for young people here.](#)

[Advice and support for parents here.](#)

**selfharm.co.uk** supports young people impacted by self harm and provides information and a moderated discussion board where you can ask questions and get support. [www.selfharm.co.uk](http://www.selfharm.co.uk)

**Harmless** provides a range of services about self harm including support, information to people who self harm, their friends and families. [www.harmless.org.uk](http://www.harmless.org.uk)

**Beat** provides information, help and support for people with eating disorders or difficulties with food, weight and shape.

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

Helpline (18+): 0345 634 1414

Youthline (under 25): 0345 634 7650 (Mon-Fri, 2-4)

**PAPYRUS and HOPELineUK** If you're a young person and you're considering suicide, or you feel depressed or like you're not coping with life, HOPELineUK, provided by the organisation PAPYRUS, is a confidential helpline service staffed by trained professionals who can give support, practical advice and information.

PAPYRUS can also offer help and advice if you're concerned about someone you know.

Helpline: 0800 068 41 41

Text 07786 209 697

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

**Depression Alliance** brings people together to end the loneliness and isolation of depression. Whether you're currently going through a period depression or you're supporting someone with depression, they can put you in touch with others who understand.

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

**Friends in Need** (a supportive community for people living with depression)

<https://friendsinneed.co.uk/>

**OCD Action** provides support and information for people with OCD, their families, carers and professionals.

Helpline: 0845 390 6232

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

**OCD-UK** provides confidential, impartial information, advice and support to adults and children affected by OCD, help with accessing treatment, advocacy and community support.

Helpline: 0845 120 3778 (office hours)

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

**Place2BE** provides school-based mental health services, providing emotional and therapeutic support to children, their parents, teachers and school staff. Whether they are facing bereavement, family breakdown, domestic violence, trauma or bullying, Place2Be helps children to grow up with prospects rather than problems.

Phone: 020 7923 5500

[www.place2be.org.uk](http://www.place2be.org.uk)

**Dyslexia Action** provides support, assessments, learning tools and tuition for people with dyslexia and literacy difficulties.

Phone: 01784 222 300

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

**bibic** offers practical help to families caring for children who have developmental difficulties. These include conditions such as autism, cerebral palsy, Down's syndrome, brain injury and other conditions like dyslexia and Asperger's syndrome that impact on learning and development. bibic therapists work closely with children, young people and their families to help them tackle challenges affecting their social, physical, communication and learning abilities.

Telephone: 01458 253344

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

**TheSite** is a digital lifeline for 16 to 25 year-olds. They provide non-judgmental support and information on everything from sex and exam stress to debt and drugs. TheSite's straight-talking emotional support is available 24 hours a day. On TheSite you can chat about any issue on their moderated discussion boards and in their live chat room, browse over 2000 articles and videos full of facts you can trust, read about the experiences of other young

people in their True Life section, or ask one of their trained advisors any question, whether that's about friends, dating, love or family life.

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

**Get Connected** is a free, confidential helpline for young people under 25 who need help but don't know where to turn. You can contact them by phone, email and web chat and they will help you with any problem you may have.

Helpline 0808 808 4994 (daily 11am-11pm)

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

**Family Lives** provides help and support in all aspects of family life. They are there for you 24 hours a day, seven days a week through their website, helpline and online chat service.

Helpline: 0808 800 2222

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

**The Samaritans** helpline is a confidential helpline available 24 hours a day 365 days a year for anyone who needs someone to talk to

Helpline: 08457 90 90 90 |

Email: [Jo@Samaritans.org](mailto:Jo@Samaritans.org) |

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