Mental Health & Wellbeing Support

**Sources of support**

The following organisations offer information and support on mental health and wellbeing:

* [Place2Be](https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/)
* [MindEd](https://www.minded.org.uk/)
* [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/)
* [Public Health England](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview)
* [Child Bereavement UK](https://www.childbereavementuk.org/) and the [Childhood Bereavement Network](http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx)
* [Youth Sport Trust](https://www.youthsporttrust.org/) and [Sport England](https://www.sportengland.org/)
* [Young Minds](https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/)
* [Think Ninja](https://www.healios.org.uk/services/thinkninja1)
* [Barnardo’s See, Hear, Respond Support Hub](https://www.barnardos.org.uk/see-hear-respond-support-hub)

Young people can get free, confidential support at any time from government-backed voluntary and community sector organisations by:

* texting SHOUT to **85258**
* calling Childline on **0800 1111**
* calling the Mix on **0808 808 4994**

**General – for parents**

Samaritans

Call 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mind UK

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

<https://www.mind.org.uk/information-support/support-community-elefriends/>

UK Mental Health Charity with information and an online mutual support community

**General – for young people**

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

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

[www.keep-your-head.com](http://www.keep-your-head.com/)

**Parenting pressures**

**Family Action**

Telephone: 0808 802 6666

Text message: 07537 404 282

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of [volunteers](https://www.family-action.org.uk/get-involved/volunteer/) from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

**Family Lives (previously Parentline)**

Call: 0808 800 2222

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

**Gingerbread**

Single Parent Helpline: 0808 802 0925

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

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

**Grandparents Plus**

Call: 0300 123 7015

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

Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.