



VICTORY WELLBEING

Sources of Support with your Mental Health & Wellbeing

1. General Support with your Mental Health & Wellbeing

Organisation	Telephone	Web Site	Description
YoungMinds	0808 802 5544	www.youngminds.org.uk	Telephone support on weekdays 9.30 – 16.00
Childline	0800 1111	www.childline.org.uk	Counselling service for young people
Kooth		www.kooth.com Site tour: https://vimeo.com/523748479/78b44f4c65 Password: k00th1503	Chat based service offering online support for young people
Samaritans	116 123	www.samaritans.org	24 hour telephone support, email service (jo@samaritans.org) and online chat due soon
The Mix	0808 808 4994	www.themix.org.uk	Online and telephone support for young people
Mee Too App		www.meetoo.help	Moderated peer support app for young people to give and receive support

2. Depression & Anxiety

Organisation	Telephone	Web Site	Description
No Panic	0330 606 1174	No Panic's Youth Hub - NoPanic	Youth helpline runs weekdays 15.00 – 18.00

OCD-UK	03332 127890	www.ocduk.org	Information and support for OCD in young people
SAM		www.sam-app.org.uk	Self-help app for anxiety

3. Suicidal Feelings

Organisation	Telephone	Web Site	Description
Samaritans	116 123	www.samaritans.org	24hr listening service
Young Minds		Suicidal feelings (youngminds.org.uk)	Information and links to the Young Minds telephone support line
Papyrus	0800 068 4141	Get In Touch Papyrus UK Suicide Prevention Charity (papyrus-uk.org)	Hopelineuk telephone line open 9 am – midnight

4. Bereavement Support

Organisation	Telephone	Web Site	Description
Young Minds		Grief and loss (youngminds.org.uk)	
Hope Again	0808 808 1677	Hope Again	Telephone support 9.30 am – 5 pm Monday-Friday
Winston's Wish	Text: WW to 85258	Help 2 Make Sense Support for grieving young people	Online chat 1pm-5pm Tuesday and Friday Text support 9am – 5pm Monday-Friday
Child Bereavement UK	0800 028 8840	Supporting bereaved children and young people Child Bereavement UK	Telephone helpline and live chat 9 am-5 pm Monday to Friday
Grief Encounter	0808 802 0111	www.griefencounter.org.uk	Telephone helpline and live chat 9 am – 9 pm Monday to Friday

5. Bereavement Support – Pets

Organisation	Telephone	Web Site	Description
Blue Cross	0800 096 6606	Pet Loss Grief Support Community Resources at Rainbow Bridge (rainbowsbridge.com)	Pet loss forum; Pet loss chat; tips on how to cope with pet bereavement

6. Self-harm

Organisation	Telephone	Web Site	Description
Childline	0800 1111	Self-harm coping techniques Childline	Information and telephone support for young people
Alumnia		http://alumina.selfharm.co.uk/	Online course by selfharm.co.uk for young people aged 14-18.

7. Eating disorders

Organisation	Telephone	Web Site	Description
Anorexia and Bulimia Care (ABC)	03000 11 12 13	www.anorexiabulimiare.org.uk	Helpline open Wednesday, Thursday and Friday 9 am – 1 pm and 2 pm – 5 pm
Beat	0808 801 0711	www.b-eat.co.uk Youth email: fyp@b-eat.co.uk	Youthline open 9 am – 8 pm weekdays and 4 pm – 8 pm weekends. Web chat also available

Other Sources of Support for Specific Issues which may contribute to low wellbeing

1. Acne

Organisation	Telephone	Web Site	Description
NHS		www.nhs.uk/Conditions/Acne	Information
Healthtalk		Acne (young people) - Sources of information and support about acne (healthtalk.org)	Information, includes links to further information

2. ADHD/ADD

Organisation	Telephone	Web Site	Description
Living with ADHD		www.livingwithadhd.co.uk	Click on Advice for Teenagers
Young Minds	0808 802 5544	ADHD (youngminds.org.uk)	Information & links to further support
ADHD Foundation	0151 541 9020	Teens : ADHD Foundation	Guides and resources for young people and adults

3. Alcohol & Drugs

Organisation	Telephone	Web Site	Description
Talk to Frank	0300 123 6600	www.talktofrank.com	24 hour telephone helpline Live chat 2pm – 6pm

Young Minds	0808 802 5544	Drugs and alcohol (youngminds.org.uk)	Information and links to further support
Open Road			

4. Autism & Aspergers

Organisation	Telephone	Web Site	Description
Autism UK	0808 800 4104	www.autism.org.uk	Helpline 10am – 3pm

5. Blushing

Organisation	Telephone	Web Site	Description
NHS		www.nhs.uk/Conditions/Blushing	Information and advice

6. Bullying

Organisation	Telephone	Web Site	Description
Kidscape		Advice for young people (kidscape.org.uk)	Advice for young people
Bullying UK	0808 800 2222	Bullying advice for young people Bullying UK	Telephone support line and information. Online chat 1.30pm – 9pm Monday-Friday
National Children's Bureau		Tools & Information Anti- Bullying Alliance (anti- bullyingalliance.org.uk)	Information and advice for young people and adults

7. Cyber-Bullying

Organisation	Telephone	Web Site	Description
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NCA-CEOP		www.thinkuknow.co.uk	Information on how to stay safe online and reporting facility
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8. Hearing Voices

Organisation	Telephone	Web Site	Description
Voice Collective	020 7911 0822	www.voicecollective.co.uk	Information, email support, telephone support and peer support service

9. Hyperhidrosis (Sweating too much)

Organisation	Telephone	Web Site	Description
International Hyperhidrosis Society		Sweat-O-Meter Home - sweat-0-meter (sweatometer.org)	Advice for young people

10. LGBT+

Organisation	Telephone	Web Site	Description
Young Stonewall	0800 050 2020	Young Stonewall	Information and helpline. Helpline open 9.30 – 4.30 Monday-Friday
Proud Trust	0161 660 3347	For Young People - The Proud Trust	Information and telephone Support (9.00 – 5.30 daily)
Prince's Trust	0800 842 842	LGBT+ Resources LGBT+ Who else can help The Prince's Trust (princes-trust.org.uk)	Useful list of organisations offering support and information

11. OCD

Organisation	Telephone	Web Site	Description
OCD UK		OCD-UK Young Ambassadors OCD-UK	Young Ambassador Programme offers peer support to young people

12. Pregnancy & Young Parenting

Organisation	Telephone	Web Site	Description
NHS		Teenage pregnancy support - NHS (www.nhs.uk)	Resources and advice for pregnant teenagers
Brook		Pregnancy – Brook	Information for young people who are not sure what to do when pregnant
Family Lives	0808 800 2222	Where can young parents go for support? - Family Lives	Information and support for young parents
Gingerbread	0808 802 0925	Where can young parents go for support? - Family Lives	Help and advice to single parents

13. Relationships

Organisation	Telephone	Web Site	Description
Act on it Now	0300 123 5101	Young People and Relationships - Act On It (actonitnow.co.uk)	Advice and support for young people worried about unsafe relationships

14. STIs

Organisation	Telephone	Web Site	Description
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Brook		Sexually Transmitted Infections (STIs) – Brook	Information and advice on a range of STIs
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15. Young Carers

Organisation	Telephone	Web Site	Description
Carers Trust		Getting support if you are a young carer or young adult carer - Carers Trust	Information and advice for Young Carers