

Young Peoples Mental Health Help and Support:

Combination of online and telephone support services available to young people in London and the UK

Papyrus HopelineUK

Papyrus HopelineUK [HOPELINEUK - Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](https://www.hopelineuk.org)

A confidential support and advice service for Children and Young People under the age of 35 who are experiencing thoughts of suicide and anyone concerned that for a young person who might be thinking about suicide

Its helpline service - HOPELINEUK is available:

Call: 0800 068 4141 or Text: 07860 039967 (opening hours 9am to midnight –365 days a year)

Email: pat@papyrus-uk.org

Stem4

Stem4 - www.stem4.org.uk Supports positive mental health in teenagers. Information on mental health, mental health apps and education.

Samaritans - www.samaritans.org 24/7 free and confidential helpline for people who are feeling desperate and wanting to talk. Issues can vary from loneliness, relationship problems, school stress to a suicidal crisis. Free Helpline: 116 123 Email Helpline: jo@samaritans.org

Rethink Advice Line - www.rethink.org/about-us/our-mental-health-advice The Rethink Advice Line gives practical advice and information about any issues to do with mental illness including different types of therapy and medication, benefit, debt and money issues, police, courts and prison and your rights under the Mental Health Act. 0300 5000 927 – Monday – Friday 9.30am-4pm

Mind The Mind Infoline provides information on a topics including types of mental health problem, where to get help, medication and alternative treatments, advocacy and local support. 0300 123 3393 - Monday to Friday 9am-6pm Text: 86463 info@mind.org.uk

Switchboard LGBT+ - <http://switchboard.lgbt> (Lesbian Gay Bisexual and Transgender) Switchboard is a confidential helpline made up of all LGBT+ volunteers who can provide information and support to anyone who identifies as part of the LGBT community or anyone considering issues around sexuality and gender identity. 0300 330 0630 (10am- 10pm everyday) chris@switchboard.lgbt

Coram Voice – Advocacy Helpline – www.coramvoice.org.uk Are you in care, leaving care, have a social worker or need one? If so then Coram Voice is the place for you They can tell you about your rights, make sure you get the help you need and get your voice heard. Advocacy Helpline 0808 800 5792

Brook - www.brook.org.uk Brook is a national charity for young people's sexual health and wellbeing

Mermaids UK - www.mermaidsuk.org.uk Mermaids UK is a charity set up to help young people who identify as transgender. They provide a confidential helpline aimed at

<p>supporting transgender up to the age of 19, their families and professionals working with them. 0808 801 0400 – Mon-Fri 9pm-9pm - info@mermaidsuk.org.uk</p>
<p>Mikey's Line - www.mikeyline.co.uk Mikey's line provides a contact point for any young people feeling lonely via text line service. 07779 303 303</p>
<p>Muslim Youth Helpline – www.myh.org.uk National Helpline service supporting the Muslim Youth Community. Freephone: 0808 808 2008 help@myh.org.uk</p>
<p>Papyrus Hopeline UK - www.papyrus-uk.org Helpline for children and young people under the age of 35 who are experiencing thoughts of suicide and/or anyone concerned that a young person could be thinking about suicide. 0800 068 41 41 Mon-Fri 9am -10pm Sat/Sun 2pm -10pm Bank Holiday 2pm – 10pm Text: 07786 209697 pat@papyrus-uk.org</p>
<p>The Mix - www.themix.org.uk The Mix takes on any challenge faced by under 25's - from mental health to money, from homelessness to finding a job, from break-ups to drugs. 0808 808 4994 Open 4pm-11pm everyday</p>
<p>B-eat - www.beateatingdisorders.org.uk Beat provides helplines for adults and young people offering support and information about eating disorders. These helplines are free to call from all phones Youthline 0808 801 0711 Studentline 0808 801 0711 & Helpline 0808 801 0677</p>
<p>Anxiety UK - www.anxietyuk.org.uk Anxiety UK is a national charity to help those struggling with anxiety. 08444 775 774 (call) 07537 416 905 (text)</p>
<p>Blurt Foundation - www.blurtitout.org Blurt aim to increase awareness and understanding of depression</p>
<p>CALM – Campaign Against Living Miserably - www.thecalmzone.net CALM is a national charity which aims to target the issue of men's mental health. 0808 802 58 58</p>
<p>FRANK - www.talktofrank.com Frank is a charity that aims to inform young people about drugs and has a huge amount of advice and information about types of drugs and what they do. They have a confidential helpline, online chat and email support service 0300 123 6600 (24hrs a day) 82111 (text) frank@talktofrank.com</p>
<p>Self-Injury Support - www.selfinjurysupport.org.uk Self-Injury Support is a national charity addressing self-harm in women and girls. Phone, text and webchat services open Tues – Thurs (7pm-9.30pm)</p>
<p>Sane - www.sane.org.uk/home Sane is a national mental health charity offering emotional support. 0300 304 7000 Helpline available from 4.30pm – 10.30pm</p>
<p>No Panic - www.nopanic.org.uk No Panic is a national charity that supports people who suffer with issues surrounding anxiety, panic, phobias and obsessive compulsive disorder. 0844 967 4848 - Everyday - 10:00am - 10pm</p>
<p>OCD UK (Obsessive Compulsive Disorder) – www.ocduk.org OCD UK provide advice, information, and support services for those affected by OCD, and campaign to end the trivialisation and stigma of OCD 03332 127 890</p>
<p>OCD Action - www.ocdaction.org.uk OCD Action provides information and support for people with OCD. They have a helpline, email service, advocacy service and a network of local support groups. 0845 390 6232 - support@ocdaction.org.uk</p>
<p>OCD Youth – www.ocdyouth.org OCD Youth aims to increase awareness and access to support for anyone under 25 affected by OCD</p>
<p>Bullying.co.uk - www.bullying.co.uk Provides advice and support around issues to do with bullying and recognising abusive behaviours. FREE helpline or live online chat that is</p>

supportive and non-judgmental. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday & Sunday.

Kooth - www.kooth.com - Free, safe and anonymous online support for young people

Every Mind Matters - www.nhs.uk/oneyou/every-mind-matters/ Take the short quiz that leads you to a free plan with expert advice and practical tips

Good Thinking - www.good-thinking.uk Find the right tools and resources to help you feel better

Make Your Headspace – <https://headscape-swLondon.nhs.uk>

Web Chat | Women and Girls Network (wgn.org.uk) - Our one-to-one Live Chat provides specialist advice, information and support for anyone in London who self-identifies as a woman, and has been affected by domestic and/or sexual violence.

Family Lives - 0808 800 2222 - this telephone helpline service provides information, advice, guidance and support on any aspect of parenting and family life, including bullying. Monday to Friday 9am-9pm and Saturday and Sunday 10am –3pm

Crisis line – 08000288000 this is a mental health telephone helpline when you are unable to contact your GP e.g. out of hours. Monday to Friday 5pm-9am, Saturday, Sunday and bank holidays 24 hours

BEHMHT Crisis Resolution Team

If you require crisis mental health intervention and support please contact the BEHMHT External link (Barnet, Enfield and Haringey Mental Health Trust) Crisis Resolution Team by calling 0800 151 0023