

**Mental health and wellbeing services**

**Contact details for support services for children and young people**

1 April 2020

**Service contact details**

**CALM (Campaign Against Living Miserably)** -help and support online

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

Telephone: 0800 585858(note: this is a helpline for men aged 15 – 35 **only**)

**Change Grow Live (CGL)** - CGL offer a confidential drug and alcohol service for young people

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

Telephone: 0808 169 8711

Email:[wakefieldservicereferral@cgl.org.uk](mailto:wakefieldservicereferral@cgl.org.uk)

**ChildLine** - free, anytime, day or night for help with any worry (under 19’s)

Website: [www.childline.org.uk](http://www.childline.org.uk) (Online 1-2-1 counsellor chat available)

Telephone: 0800 1111

**Combined Minds** – app-based support to help families and friends support young people with their mental health

Download: <https://combinedminds.co.uk> or at an app store

**Cruse Bereavement Care** - support to those needing help after the death of someone close

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**Doc Ready** - helps people to prepare to talk to somebody about mental health, including a doctor

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

**Elefriends** - a safe place to listen, share and be heard

Website: [www.elefriends.org.uk](http://www.elefriends.org.uk)

**Heads Above the Waves** - online advice, support and coping strategies for young people suffering from depression and self-harm

Website: [www.hatw.co.uk](http://www.hatw.co.uk)

**Kooth -** free, safe and anonymous online support for 11 to 19 year olds

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

**Meetwo -** offers a safe and secure forum for teenagers to discuss any issues that are affecting their lives

Website: www.meetwo.co.uk

**Mindout** - online instant message service that is confidential and anonymous to support and improve the mental health and wellbeing of LGBTQ communities Website: [www.mindout.org.uk](http://www.mindout.org.uk)

**Papyrus** - online text or phone support to young people

Website: <https://papyrus-uk.org>

Telephone: 0800 0684141 or text 07860039967

**Samaritans** – free, anytime support, providing a listening ear and emotional support

Phone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**SelfharmUK** – peer-to-peer communications for young people aged 14-19. A space for them to share their encouraging experiences through the use of blogs, stories, poetry and art

Website: [www.selfharm.co.uk](http://www.selfharm.co.uk)

**Shout** - available for anyone of any age, who is a resident in the UK needing support in a crisis

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

Phone: Text Shout to 85258

**Star Bereavement** - supporting local children and young people who have been bereaved and are in need of support

Website: [www.starwakefield.org.uk](http://www.starwakefield.org.uk)

Telephone: 01924 787384

**Stay Alive** - App for those at risk of suicide or those worried about someone

Website: available from [www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

**Talking Therapies** - for young people aged 16 years or older who are registered with a GP surgery in the Wakefield District

Website: <https://talking.turning-point.co.uk/wakefield>

Telephone: 01924 234860

Email: [Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)

**Victim Support** - emotional and practical support to anyone under 18 who has been affected by a crime

Website: www.victimsupport.org.uk

Telephone: 0300 303 1971

**Well Women Centre** – online support for young women aged 16 years or older

Website: www.wellwomenwakefield.org.uk

**WF I–Can** - coming soon; a Wakefield District website which aims to connect children and young people to activities and support to develop resilience and manging life events and changes

Website: https://wf-i-can.co.uk

Email: [emcastleylc@gmail.com](mailto:emcastleylc@gmail.com) for more information

**Winstons Wish** - giving hope to grieving children and supporting families

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

Telephone: 08088 020021

**Young Minds** - resources for children and young people, parents and professionals about looking mental health and wellbeing

Website: <https://youngminds.org.uk>