

Mental health and wellbeing

Support for children, young people and families

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

Website: www.thecalmzone.net

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

ChildLine - free, anytime, day or night (under 19's)

Website: 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

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

Website: www.docready.org

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

Website: 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

Kooth - free, safe and anonymous online support for 11 to 19 year olds in Calderdale, Kirklees and Wakefield

Website: 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

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

Website: www.samaritans.org

Phone: 116 123

Email: 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

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

Website: www.giveusashout.org

Phone: Text Shout to 85258

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

Website: available from www.prevent-suicide.org.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

Winstons Wish - giving hope to grieving children and supporting families

Website: 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>