



# SE Student Mental Health Policy

## Introduction

The purpose of these guidelines is to provide basic guidance on identifying warning signs, symptoms and behaviour, with a view to informing or advising students on possible sources of appropriate support.

Sutherland Education is committed to taking positive steps to eliminate discrimination in its policies, practices and procedures by creating an inclusive environment for all students, promoting mental wellbeing and to support students who experience mental health difficulties. These difficulties may be a long-term mental illness, an emerging mental health problem which are impacting on a student's ability to study.

It is a guide to help staff to understand some common mental health difficulties. **SE Staff, Guardian Homestays are not expected to become diagnosticians, as this is a specialist task.** However, it is hoped that these notes will assist in making decisions about referring a student for further support.

## Definitions and Legislation

The World Health Organization (WHO)<sup>1</sup> defines mental health as "a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community".

The Mental Health Act (MHA) 1983 covers the assessment, treatment and rights of people with mental health condition. It applies to all children and young people to be detained in hospital if they need treatment for a mental health condition. It gives children the right to appeal against detention.

The Mental Health Act 1983 was amended by the Mental Health Act 2007. This strengthened safeguards for children, for example adding a duty to ensure an age-appropriate environment for children and young people.

The Department for Education's (DfE) statutory guidance for schools, highlight that child mental health problems may be an indicator that a child has experienced abuse or neglect. The guidance includes information on how schools and colleges should support children and young people's mental health.

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<sup>1</sup> <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

### The Equality Act (2010)

This legislation protects individuals from discrimination based on certain protected characteristics, including disability. Health problems may be considered a disability under this Act if they have a substantial and long-term adverse effect on a person's ability to carry out normal day-to-day activities. The Act covers various areas of life, including employment, education, and access to services.

<https://www.legislation.gov.uk/ukpga/2010/15>

### The Data Protection Act and UK GDPR

These laws govern how personal information, including health data, is collected, processed, and protected. They grant individuals specific rights regarding their personal data, such as the right to access, rectify, and erase information. In the context of mental health, these laws are particularly important for protecting sensitive health information and ensuring individuals have control over their personal data.

It is important to remember no two people experience mental health difficulties in exactly the same way. Mental health difficulties are likely to be temporary and are often treated effectively by counsellors, psychologists and/or medication. They may be caused by the need to cope with sudden change, e.g. bereavement, or the breakup of a relationship. They can be the result of chronic stress or can also stem from emotional difficulties which people have experienced in their childhood, adolescence or as adults.

People who are experiencing symptoms may not recognise what is happening and only seek help when prompted by friends, family, homestays, or school staff.

A change in behaviour can be associated with some medical conditions. Behaviour which is out of character for an individual may be associated with being run down, very tired and overexcited or under stress. Alternatively, it may result from the use of drugs (legal and illegal), new or a change in medication etc. Mental illness is different. Mental illness can have a deeply incapacitating effect and may require hospital admission. Its diagnosis is unlikely to depend on isolated symptoms and is usually associated with the observation of a persistent cluster of symptoms over a period of time. By contrast with mental health difficulties, which affect approximately one in four of the general population, mental illness is experienced by approximately one in fifty.

Feeling worried is a healthy response in many situations, and an important aspect of successful achievement. We all develop ways of coping with our anxieties when we feel under pressure, but when anxiety becomes too great and significantly impairs the ability to function; we need to encourage students to seek help. Sessions with a counsellor or psychologist can be helpful ways of exploring the causes of stress and implementing ways forward.

In rare cases of severe anxiety and panic attacks, or severe mental illness, a GP referral, medication and the use of psychological or cognitive therapies may be beneficial.

Depression is one of the most common forms of mental health distress. We all go through difficult times in our lives, but for people who are depressed life can be a real struggle. They may feel bad about their lives and themselves in many ways. At times they may feel despairing. Counselling can provide a powerful way of safely exploring how the depression began and of assisting the

student, GP referral is recommended and the careful use of anti-depressant medication can prove helpful in some cases.

If you are aware of a student experiencing some of the symptoms listed below it may be appropriate to make them aware of resources which are available to them. For students who experience a cluster of symptoms over a period of time, it is important that they are encouraged to seek professional help.

### Recognising warning signs, symptoms and behaviours

It should be reiterated that there is no expectation that SE staff will become diagnosticians, and the following list of symptoms is in no way intended to be a diagnostic tool. There are also many reasons why students may be experiencing some of these symptoms and therefore it doesn't mean a student definitely is experiencing Mental Health issues if they have some of these signs and symptoms. It is, however, guidance to SE staff in advising or informing a student about possible sources of help.

Examples of a range of signs and symptoms:

#### Behaviour

- Change in study patterns e.g. doing considerably more or less work than usual
- Falling grades
- Agitation
- Over-intense interaction/withdrawal
- Uninhibited/disruptive/disturbing behaviour
- Disrupted eating pattern
- Disrupted sleeping pattern
- Reduced concentration
- Changes in motivation
- Self-harm
- Suicidal thoughts and activity
- Avoidance of everyday activity

#### Appearance

- Lack of attention to appearance and poor personal hygiene
- Marked weight loss or increase
- Particularly drawn/tired looking
- Noticeable smell of alcohol, cannabis
- Bizarre, unusual and out of character dress

#### Mood

- Loss of interest in most things/exaggerated interest

- Significant mood swings
- Excitable/restless/fidgety
- Extremely angry
- Extremely sad
- Feeling flat
- Isolated and withdrawn
- Feeling of disorientation
- Altered states of perception
- Persecutory ideas
- Feelings of acute loneliness

#### Other indicators

- Something what the student is saying or doing makes you feel very concerned or uneasy
- History of mental health difficulties
- Recent disruptive/traumatic events
- Significant loss in their lives (past/present)
- Debt/financial worries
- Lack of other supports/isolated
- Significant academic pressure
- Difficulties in the home environment (family/close friends)

There are many ways to engage with a child about their mental health or emotional wellbeing. When you communicate with a child for the first time, or during ongoing conversations, you may find it useful to think about whether they're doing OK, struggling, unwell or in crisis.

This continuum is based on a model used by Childline counsellors, alongside other tools, that helps them understand how a child is feeling at that particular point in time. You can use it to better understand older children's and young people's mental health and wellbeing.

It's important to remember that a person's mental health changes continuously – so you should refer to this continuum regularly.<sup>2</sup>

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<sup>2</sup> <https://learning.nspcc.org.uk/child-health-development/understanding-child-mental-health-wellbeing#skip-to-content>

## Childline's continuum of mental health

Select each of the continuum stages to find out more.

Doing OK	Struggling	Unwell	In crisis
<ul style="list-style-type: none"> <li>➤ Communicates effectively with others</li> <li>➤ Seeks help when needed</li> <li>➤ Can focus on specific issues</li> <li>➤ Has healthy relationships</li> <li>➤ Identifies and tries to solve problems</li> <li>➤ Uses healthy coping strategies.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Struggles to communicate with others</li> <li>➤ Is unsure how to access help</li> <li>➤ Relationships are beginning to suffer</li> <li>➤ Begins to use unhealthy coping strategies</li> <li>➤ Has some sleep issues, low energy and fatigue</li> <li>➤ Is able to engage well in some areas.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feels overwhelmed and isolated</li> <li>➤ Struggles to focus on specific issues</li> <li>➤ Struggles to access and/or engage with services</li> <li>➤ Has disturbed sleep</li> <li>➤ Relies on unhealthy coping strategies</li> <li>➤ May have suicidal thoughts</li> <li>➤ May already have a mental health diagnosis</li> <li>➤ Is ambivalent towards change.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Has made recent suicide attempts</li> <li>➤ Is distrustful of support services</li> <li>➤ Mental health symptoms are unmanageable</li> <li>➤ Has escalating self-harming behaviours</li> <li>➤ Distress may not reduce when talking</li> <li>➤ Not engaging at home or school</li> <li>➤ Is resistant to change.</li> </ul>

From NSPCC

### Responsibilities

SE Staff and Homestay Guardians play an important role in supporting SE students' mental health

#### Responsibilities of SE staff, Key Guardians and homestays

- Exercise duty of care when dealing with students
- Treat students with dignity and respect
- Recognise the boundaries of their roles
- Uphold confidentiality

## When to share concerns with parents or carers

**For concerns about abuse:** Your nominated child protection lead should talk to the child's parents or carers and get their consent to make a report to children's social care, unless such a discussion would put the child at increased risk of harm.

**For mental health concerns:** Talking to a child's parents or carers can reveal possible reasons for concerns. For example, if a previously healthy child loses weight or starts to have issues with their behaviour, a discussion might reveal the reasons for this change, such as a bereavement or parents splitting up.

If you wish to make a referral to CAMHS you should discuss it with a child's parents beforehand. Depending on the young person's age, maturity and capacity to make and understand decisions you might also need to seek parental consent.

Further information around consent for medical treatment will be signposted at the end of this course.

## When not to approach parents or carers

If there are concerns around abuse it is always best to speak to the nominated child protection lead for advice.

Generally speaking, you should not speak to a child's parents or carers if you think it could put them at an increased risk of harm, or if you believe their reaction might make the child's situation worse.

If you're concerned and/or think a parent or carer may be responsible for, or knowingly involved in, the abuse of the child, your nominated child protection lead should seek advice from the police, the NSPCC and/or children's social care.

*From NSPCC*

Evidence shows that students experiencing mental health difficulties are more likely to withdraw from their place of study, underperform academically. Conversely, good mental health whilst studying is associated with enhanced concentration, creativity, academic performance, and extra-curricular engagement.

SE objective is to support their students who are experiencing mental health difficulties to minimise barriers that could hinder their academic progression or personal development.

## Mental Health Support List

### **A&E Department**

Tel: (insert your local number)

### **Action for Children- Parent Talk**

<https://parents.actionforchildren.org.uk/>

Parenting advice for parents/carers of 0-19 year olds, including parenting coaches.

### **ADHD and You**

[www.ADHDandyou.co.uk](http://www.ADHDandyou.co.uk)

Resources & people to turn to about ADHD. Help to find what works for individual YP: To keep ADHD to themselves, just involve their family & ADHD management team, or to share their story with a friend or family.

Tel: 01256 894003

For general enquiries:

Shire Pharmaceuticals Limited

1 Kingdom Street, London, W2 6BD

### **ADHD Foundation**

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

Health & education service offering support to people living with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's Syndrome. Website has information & useful resources for CYP, adults, parents & professionals. Topics include: returning to school after lockdown; coping with feelings of anger; boundaries; MH; conflict resolution, self-care; 10 tips to support your teenager; EHCP & transition.

### **Amaze**

[www.amaze.org](http://www.amaze.org)

Gender issues, sex education, relationships.

### **Anna Freud**

[www.annafreud.org](http://www.annafreud.org)

MH charity for children & families.

### **Anxiety UK**

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

For any form of anxiety, mild to severe. Fast access to reduced cost therapy and access to several specialist helplines.

Helpline: 08444 775 774 (Mon-Fri 9.30-5.30)

**Asperger's and ASD** (see also AUTISM section below)

[www.tonyattwood.com.au](http://www.tonyattwood.com.au)

Resources & links for professionals, parents & people with Aspergers.

**2gether Assertive Outreach Team**

0800 169 0398 24hrs

Help in a crisis. Develops supportive & therapeutic relationships with service users with severe enduring mental illness.

**Aston Project**

Works with 9-17 year olds to reduce harm, crime and anti-social behaviour. Helps inspire YP to make better decisions, utilise their skills, promote ethos of 'work for reward'.

[www.astonproject.co.uk](http://www.astonproject.co.uk)

Email: [AstonProject@gloucestershire.pnn.police](mailto:AstonProject@gloucestershire.pnn.police)  
(referral form online)

**At a Loss.org**

Website with information and support to find bereavement help, practical information, resources and free counselling via the livechat service, GriefChat.

[www.ataloss.org](http://www.ataloss.org)

**Barnado's**

Provides a number of services to YP and families.

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

**Beat**

Eating disorders support, recovery information, support services.

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

[I'm Supporting Someone \(beateatingdisorders.org.uk\)](http://www.beateatingdisorders.org.uk)

Helpline: 0808 801 0677. Youthline: 0808 801 0711

**Blurt it out**

Resources/information to help understand more about depression and lifestyle changes.

<https://www.blurtitout.org/>

**Bristol Mindline** Suicide helpline (Bristol and South Gloucestershire)

Tel: 0808 808 0330 (Wed-Sun 8-12 midnight)

**British Dyslexia Association (BDA)**

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

**Brook**

Sexual health & wellbeing for under 25's. Emergency Contraception, Chlamydia screening under 25s. Advice for professionals on CSE, health & wellbeing, sexual behaviours  
traffic light tool, etc

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

**Bullying UK (see also Family Lives)**

Part of Family Lives service

[www.bullying.co.uk](http://www.bullying.co.uk)

**CAMHS**

Link to lots of websites and resources

[www.CAMHS-resources.co.uk/websites](http://www.CAMHS-resources.co.uk/websites) **WEBSITES**

[| CAMHS Resources \(camhs-](http://www.CAMHS-resources.co.uk)

[resources.co.uk\)](http://www.CAMHS-resources.co.uk)<https://www.camhs-resources.co.uk/websites>

**CAMHS Practitioner Advice Line**

Support and advice given to any professionals working with YP.

Tel: (add your local number)

**CareConfidential**

Support following abortion

[www.careconfidential.com](http://www.careconfidential.com) Tel: 0300 4000 999

**Carers Trust**

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. Help for young carers to cope with their caring role through specialised services across the UK.

[www.carers.org/about-us/about-young-carers](http://www.carers.org/about-us/about-young-carers)

For general enquiries, please email: [info@carers.org](mailto:info@carers.org)

**Chat Health**

For ages 11-19, advice on drinking, alcohol, smoking, problems with friends and family, body changes, relationships, bullying, feeling sad or angry, social media, exam anxiety, self harm, mental health and healthy eating.

Text a School Nurse on: 07507 333 351

**ChildLine**

(Also see app 'For Me')

Support on abuse, bullying, family issues

[www.childline.org.uk](http://www.childline.org.uk) Tel: 0800 1111

**Childnet**

Sexual harassment 13-17 years. To help make the internet safe

[www.childnet.com/](http://www.childnet.com/) Tel:  
+44 (0)20 7639 6967  
Email: [info@childnet.com](mailto:info@childnet.com)

**CHUMS**

Tics and Tourettes support

[www.chums.uk.tics-and-tourettes](http://www.chums.uk.tics-and-tourettes)

**Crime stoppers**

To report any crime or child exploitation

Tel: 0800 555 111

**Cruse Bereavement Care**

(See Hope Again for the youth website)

The free national helpline offers a listening ear and emotional support to anyone who has lost someone they love, or been affected by a bereavement.

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

Email helpline: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Helpline: 0808 808 1677 (Mon-Fri 9.30-5pm (excluding bank holidays), with extended hours on Tue, Wed and Thu evenings until 8pm).

**Ditch the Label**

Anti-Bullying Charity. Provides emotional, psychological and physical support to those who are impacted by bullying in offline and digital environments.

<https://www.ditchthelabel.org/>

Helpline: (01273) 201129 (We're in the office between 09:00 – 17:30)

Email via online form: <https://www.ditchthelabel.org/contact/>

Facebook: <https://www.facebook.com/DitchtheLabel/>

**ERIC**

Bedwetting information, advice and helpline.

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

Helpline: 0808 169 9949

**Facts4life**

Support on health for schools, parents/carers, and health professionals.

[www.facts4life.org](http://www.facts4life.org)

**Family Links**

Online support and nurturing programmes. Good ideas and resources.

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

**Family Lives**

Advice on family issues and bullying. 24 hour helpline.

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

Tel: 0808 800 2222 (Mon-Fri 9am-9pm; Sat-Sun 10am-3pm)

[www.bullying.co.uk](http://www.bullying.co.uk)

**Fearless**

Non-judgemental info and advice about crime and criminality. A safe place to give info about crime anonymously. Also has a section for professionals, with resources to use with YP and info about: Weapons, CSE, Theft/ Robbery, Criminal damage, Violence, Gangs (County Lines), Drugs, Abuse, Cybercrime.

[www.fearless.org/en](http://www.fearless.org/en)

**Genderbread**

A teaching tool for breaking the big concept of gender into bite sized pieces.

[www.genderbread.org](http://www.genderbread.org)

**GIDS**

The Gender Identity Development Service (GIDS) is for children/YP and their families, who experience difficulties in the development of their gender identity. It's a national specialised service, based in London and Leeds.

[www.tavistockandportman.nhs.uk/care-and-treatment/ourclinical-services/gender-identity-development-service-gids](http://www.tavistockandportman.nhs.uk/care-and-treatment/ourclinical-services/gender-identity-development-service-gids) <http://gids.nhs.uk/>

Tel: 020 8938 2030/1

Email: [gids@tavi-port.nhs.uk](mailto:gids@tavi-port.nhs.uk)

**Your Local Hospital**

Insert contact details

**Your Local Safeguarding Children Partnership**

Insert contact details

**Grief Encounter**

A free service that supports bereaved children and young people.

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

Helpline: 0808 802 0111 (Mon- Fri 9-9). Can chat via website. Email: [contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk) For advice & guidance, email: [ecounselling@griefencounter.org.uk](mailto:ecounselling@griefencounter.org.uk)

**HappyMaps**

Worried about a YP's behaviour or mental health and not sure what's normal? Signposting to books, websites, counselling and parent groups.

[www.happymaps.co.uk](http://www.happymaps.co.uk)

**harmLESS**

For those who have contact with YP who are self-harming. Designed to help you talk about self-harm with a YP so that you can decide what support might be helpful.

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

**Hollie Guard**

Turns phone into a personal safety device. If in danger, a shake or tap activates Hollie Guard and sends your location and audio/video evidence to your emergency contact. A second shake sends out a high pitched alarm and the flash starts to strobe.

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

**Intercom Trust**

A lesbian, gay, bisexual & trans charity working across Cornwall, Devon, Dorset and South West, providing support, advocacy, counselling, training, info, groups, online directory, etc.

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

Helpline: 0800 612 30100

**Kidscape**

Advice about bullying for children and parents.

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

Tel: 0171 730 3300

**Kooth**

Free advice and support. Counsellors.

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

Mon – Fri 12pm – 10pm; Sat–Sun 6pm – 10pm

**Live, Life, Well**

Suicide prevention, med info, selfhelp (depression, anxiety, sleep), 1619 year old section. Exercise Well/Eat Well/Manage Well Socialise Well/Think Well

[www.live-lifewell.net](http://www.live-lifewell.net)

**Multi-Agency Safeguarding Hub (MASH)**

Add your local number

**Mermaids**

A safe place for young trans people (up to 20 yrs) to find support & help one another.

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

Helpline: 0808 801 0400 (Mon-Fri 9am-9pm)

**Mind**

Information, advice and support for young people with a mental health problem and their carers.

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

Tel: 0300 123 3393

Text: 86463

Sleep support.

[www.mind.org.uk/information-support/types-of-mental-healthproblems/sleep-problems/sleep-problems/](http://www.mind.org.uk/information-support/types-of-mental-healthproblems/sleep-problems/sleep-problems/)

**Mindful**

Meditation, anxiety.

[www.mindful.org](http://www.mindful.org)

**Moodjuice**

Online support for a range of issues, e.g., anxiety.

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp.ocdinfo](http://www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp.ocdinfo)

**Muslim Youth Helpline**

Tel: 0808 808 2008

**NCDV (National Centre for Domestic Violence)**

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

Freephone: 0800 970 2070

Free, fast emergency injunction service to survivors of DV regardless of their financial circumstances, race, gender or sexual orientation

Text: Text "NCDV" to 60777 and we'll call you back

**To Make A Referral:**

Tel: 0207 186 8270 or 0800 970 2070 (Press option 1)

**National Citizen Service (NCS)**

[https://www.gov.uk/government/get-](https://www.gov.uk/government/get-involved/takepart/national-citizen-service)

For 16-18 year olds. Helps build skills for work and life, while taking on new challenges and meeting new friends. Runs in spring, summer and autumn. Short time away from home taking part in a team community project. Brings together YP from different backgrounds & helps them develop confidence, self-awareness & responsibility. Encourages personal & social development.

[involved/takepart/national-citizen-service](https://www.gov.uk/government/get-involved/takepart/national-citizen-service)

**National Self-Harm website**

[www.nshn.co.uk](http://www.nshn.co.uk)

**National Suicide Prevention Alliance (NSPA)****NHS 111**

Health advice 24 hours a day.

[www.nhs.uk](http://www.nhs.uk)

Tel: 111

**NHS Choices**

Low mood and depression.  
Suicidal thoughts.

[www.nhs.uk/livewell/depression/pages/depressionhome.aspx](http://www.nhs.uk/livewell/depression/pages/depressionhome.aspx)  
[www.nhs.uk/conditions/suicide](http://www.nhs.uk/conditions/suicide) [www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)

**Nip in the bud**

Works with MH professionals to produce short films and fact sheets on ADHD, anxiety, conduct disorder, depression, OCD, PTSD, etc) to help parents, teachers & others caring for/working with children to recognise MH disorders and inform them how to obtain professional assessment to improve the prospects of early diagnosis and effective treatment.

[www.nipinthebud.org](http://www.nipinthebud.org)

**No Panic**

Info and advice for carers/young people aged 13-20. Panic, Anxiety, Phobias, OCD, exam stress, family anxiety. Youth mentoring, helpline, and workshops.

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

Youth Helpline Tel: 0330 606 1174  
(3-6pm Mon, Tue, Wed, Fri; 3-8pm Thu; 6-8pm Sat)

**NSPCC**

NSPCC helpline (new helpline for CYP who have been victims of abuse at school, and for worried adults and professionals who need support and guidance. The helpline is called Report Abuse in Education).

NSPCC helpline: **0800 136**

**663** Email:

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk) Tel: 0808

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

800 5000

ChildLine offers free, confidential advice and support whatever your worry, whenever you need help.

NSPCC FGM helpline: **0800 028 3550**

18 or under, contact ChildLine free: Tel: **0800 1111**

**Papyrus**

Charity for the prevention of young suicide.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) Tel

**HOPELineUK** – specialist telephone service staffed by professionals who

Tel: 0800 068 41 41

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

give support, advice & information to children, teenagers & YP up to the age of 35 who are worried about how they are feeling, & anyone concerned about a YP.

Tel: 07786 209697

### **Parent Support Link**

Supporting & informing families & friends of people who use drugs and alcohol.

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

Helpline: 023 8039 9764 (24/7)

### **Place2be**

MH resources for schools.

[www.place2be.org.uk](http://www.place2be.org.uk)

[Mental health resources for schools – Place2Be](#)

**Pregnancy Choices Directory** Help for those facing unplanned pregnancy or following an abortion.

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

### **Prospects**

Advice and guidance on employment and skills. Support to vulnerable YP to help reduce risk, keep them safe and improve their life chances. Education and learning for early years, schools and prisons.

[www.prospects.co.uk/What-We-Do](http://www.prospects.co.uk/What-We-Do)

**RAE** (Relationships, Advice, Education)

Tel: 08456 029 035 – project coordinator

Workshops to schools & groups, complimenting the school curriculum. Identify healthy & not healthy relationship, abuse, forced marriage, fgm, who to contact.

### **Refuge**

Support & advice for women & children on dealing with domestic violence.

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

Free Helpline: 0808 2000 247 (24-hour)

### **Relax Kids**

Child relaxation training, classes and resources. Online mindfulness.

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

### **Riprap**

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

### **Royal College of Psychiatrists**

[www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentsconcerns/worriesandanxieties.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentsconcerns/worriesandanxieties.aspx)

**Samaritans**

For emotional support to people in despair and potential suicide

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

Free 24-hour helpline: 116 123

**SAMM (Support after Murder and Manslaughter)**

UK Charity supporting families bereaved by Murder and Manslaughter. Advice and training to many agencies on issues relevant to the traumatically bereaved.

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

Tel: 0121 471 1200

**Sane**

Saneline suicide helpline.

Provides practical help, emotional support and specialist information to individuals affected by MH problems, their family, friends and carers.

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

Helpline: 0300 304 700 (4.30pm-10.30pm every day)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum:

[www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

**Self-Injury Support (see also Rethink and National Self Harm)**

Support for professionals. Improving support and knowledge around self injury

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

Tel: 0117 927 9600

Email: [info@selfinjurysupport.org.uk](mailto:info@selfinjurysupport.org.uk)

**Sexting Advice**

SWGfL is a charitable trust that specialises in supporting schools, agencies and families to effect lasting change with the safe and secure use of technology.

Educational online safety tools, services and resources. Works closely with UK and International Governments & Agencies; organisations and technology providers in advising and shaping policy, practice and legislation.

[www.swgfl.org.uk/magazine/Managing-SextingIncidents/Sexting-Advice.aspx](http://www.swgfl.org.uk/magazine/Managing-SextingIncidents/Sexting-Advice.aspx)

SWGfL Main Office Tel: 0345 601 3203

Email: [enquiries@swgfl.org.uk](mailto:enquiries@swgfl.org.uk)

<https://parentinfo.org/page/for-schools>

<https://parentzone.org.uk/>

**Shout**

24/7 text service for anyone in crisis, not coping, and needing immediate help. Support for anxiety, depression, abuse, panic attacks, suicidal thoughts, self-harm, relationships, bullying.

Text SHOUT to 85258

**Sibs**

For brothers and sisters of disabled children and adults.

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

Contact online

**SmiRA** (Selective Mutism Information and Research Association)

Support for professionals.

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

[www.selectivemutism.org.uk/information/information-forprofessionals/](http://www.selectivemutism.org.uk/information/information-forprofessionals/)

**Social Prescribing Service**

Local agencies (GP, pharmacies, multi-disciplinary teams, hospital discharge teams, health professionals, fire service, police, job centres, Social Care, housing, voluntary, community and social enterprise – or by self-referral) to refer people to a link worker who will give them time and focus on ‘what matters to me’, taking a holistic approach. Works for those with longterm conditions; who need support with their MH; who are lonely or isolated; who have complex social needs which affect their wellbeing.

Contact details for further information

[www.england.nhs.uk/personalisedcare/social-prescribing](http://www.england.nhs.uk/personalisedcare/social-prescribing)

**Stem4**

Anxiety and depression, eating, selfharm, addiction support

[www.stem4.org.uk](http://www.stem4.org.uk)

Calm Harm app (see apps at end of list)

**Stress and Anxiety in Teenagers**

Online support for stress and how to manage it.

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

**Students against depression**

Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

**Suicide Crisis**[contact@suicidecrisis.co.uk](mailto:contact@suicidecrisis.co.uk)**Sunflower Suicide Support**[www.sunflowerssuicidesupport.org.uk](http://www.sunflowerssuicidesupport.org.uk)

Based in Stroud. Help families who have sadly lost people to suicide. They have a website and an advice line.

**SurvivorsUK**

[www.survivorsuk.org](http://www.survivorsuk.org) Text helpline:  
020 3322 1860

Helps sexually abused men (aged 13 and above), as well as their friends and family, no matter when the abuse happened.

**Talk to Frank**[www.talktofrank.com](http://www.talktofrank.com)

information, advice and support about drugs.

Tel: 0300 123 6600 Text: 82111

[www.talktofrank.com/treatment-centre/youth-support-teamgloucester](http://www.talktofrank.com/treatment-centre/youth-support-teamgloucester)

Link for alcohol/drug information cards which can be given out to young people and their families/carers:

[www.gscb.org.uk/media/1671/workbook\\_cards\\_screenprints56954.pdf](http://www.gscb.org.uk/media/1671/workbook_cards_screenprints56954.pdf)**The Calm Zone**[www.thecalmzone.net](http://www.thecalmzone.net)

The Campaign Against Living Miserably. Online

[Free nationwide helpline: Tel: 0800 58 58 58 & webchat \(5pmmidnight every day\)](http://www.thecalmzone.net)

support, helpline & webchat for young men from 15 years with low mood. Suicide prevention. Information & support. For anyone who needs to talk about life's problems. Support for those bereaved by suicide through the Support After Suicide Partnership (SASP)

Webchat is available on the website (same times as the helpline).

**The Children's Sleep Charity**

Supporting children with sleep issues. Support for families and accredited training and leaflets for professionals and commercial organisations.

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

Tel: 01302 751 416

Email: [info@thechildrenssleepcharity.org.uk](mailto:info@thechildrenssleepcharity.org.uk)

**The Girl with the Curly Hair Project**

Supports people on the Autistic Spectrum and the people around them.

Not just for girls, we have also helped thousands of Spiky Haired Boys too! Resources used by psychiatrists, GPs, psychologists, counsellors & teaching professionals. You'll need to subscribe and pay for this.

<http://thegirlwiththecurlyhair.co.uk>

Join the community on Facebook

Email: [alis@thegirlwiththecurlyhair.co.uk](mailto:alis@thegirlwiththecurlyhair.co.uk)

or fill out the contact us form.

**The Hideout**

Online support to help children understand domestic abuse.

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

**The Mix**

Support on all issues for under 25's (mental health, homelessness, drugs, money, abuse, bullying, etc).

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

Tel: 0808 808 4994 (11am-11pm)

Crisis text line 24/7 by texting THEMIX to 85258

Email or chat online (4pm-11pm) via the website.

**The Sleep Council**

An impartial advisory organisation that raises the awareness of the importance of a good night's sleep to health and wellbeing and provides helpful advice and tips on how to improve sleep quality and create the perfect sleep environment.

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

[info@sleepcouncil.org.uk](mailto:info@sleepcouncil.org.uk)

Tel (for admin): 01756 791089

Freephone leaflet line: 0800 018 7923

Fax: 01756 798789

**TIC+ (Teens in Crisis)**

Face to face and online counselling for 9-21 year olds. Works closely with CYPS.

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

Email: [admin@ticplus.org.uk](mailto:admin@ticplus.org.uk)

Tel: [01594 372777](tel:01594372777) (office opening hours: Mon & Wed 9am-4pm and 6-8pm; Tue & Thu 9am-1pm and 6-8pm; Fri 9am-3pm; Sun 6-8pm)

Text support: [07520 634063](tel:07520634063)

**Parent Support & Advice Line** for parents of children aged 0-25 years.

Parent Support & Advice Line: 0800 652 5675

[www.ticplus.org.uk/parents-carers](http://www.ticplus.org.uk/parents-carers)

Mon & Wed: 5pm-9pm; Tue & Sat: 9.30am-1pm.

**TICS**

Support for YP with tics.

[www.nhs.uk/conditions/tics/treatment/#selfhelp](http://www.nhs.uk/conditions/tics/treatment/#selfhelp)

**Tourette Syndrome**

<https://www.nhs.uk/conditions/tourettes-syndrome/>

**Voice Collective**

UK-wide, London-based, project that supports CYP who hear voices, see visions, have other 'unusual' sensory experiences or beliefs. Support for parents/families. Training for youth workers, social workers, MH professionals, etc.

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

Email: [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)

Tel: 020 7911 0822

Not able to provide immediate crisis support, so if you need to talk with someone urgently, please call Childline (0800 1111) or NHS 111.

If you're an adult looking for a peer support group near you, visit: [www.hearing-voices.org](http://www.hearing-voices.org) for support groups across the UK, and [www.intervoiceonline.org](http://www.intervoiceonline.org) for support groups in other countries.

**Winston's Wish**

Bereavement service.

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

National helpline: 08088 020 021.

**Young Minds**

Website with a range of information for YP, their families and practitioners, including tips, advice & guidance for support during the Covid-19 pandemic, such as anxiety about returning to school; struggling with self-isolation & social distancing and for those who have lost a loved one due to coronavirus. They also provide a parents' helpline, which is contactable by phone, webchat or email.

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

**Young person looking for help and support**

Text the YoungMinds Crisis Messenger, free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help **text YM to 85258**

Parent Help Line: 0808 802 5544

**Youth Access**

Advice, counselling, money, rights. Works closely with Government, NHS, academic and voluntary sector to improve youth MH policy.

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

Tel: 020 8772 9900

Email: [admin@youthaccess.org.uk](mailto:admin@youthaccess.org.uk)

**Zero Suicide Alliance (ZSA)** Suicide Awareness Training.

<https://www.zerosuicidealliance.com/>

