



St. Colman's Primary School  
and  
All Saints' Nursery Unit  
(Annaclone)

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*Progress Through Partnership, Leading To Excellence*



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## **If you Need Help with Child Mental Health**

### **Local Help**

#### **Your GP**

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

#### **Call 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

#### **NHS mental health services**

Find local mental health services on the NHS website. <http://www.nhs.uk>

### **National Help**

#### **Childline**

Free 24-hour counselling service for children and young people up to their 19th birthday.

[0800 1111](tel:08001111)

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

#### **Beat**

Provides helplines, self-help groups and online support to anyone affected by eating disorders.

Helpline: [0808 801 0677](tel:08088010677),

Youthline: [0808 801 0711](tel:08088010711),

Studentline: [0808 801 0811](tel:08088010811)

[www.b-eat.co.uk](http://www.b-eat.co.uk)

#### **The Samaritans**

The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

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

**NSPCC** Provides helplines and information on child abuse, child protection and safeguarding children.

[0808 800 5000](tel:08088005000)

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



### **Young Minds**

Young Minds has a Parent Helpline that offers free confidential telephone and email support to any adult worried about the wellbeing of a child or young person.

0808 802 5544

[http://www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents)

### **Youth Wellbeing Directory**

Helps you find support for mental health and wellbeing of young people up to age 25 across the UK.

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

### **HaveIGotAProblem.com**

Free resource about mental health and addiction issues. It has advice and documents on issues including depression, anxiety, self-harm, bipolar, eating disorders and coping.

<http://www.haveigotaproblem.com/>

### **Helplines partnership**

Provides a comprehensive list of mental health helplines in the UK.

<https://helplines.org/helplines/>

**Mental Health Foundation** This website offers a wide range of information about mental health issues.

<http://www.mentalhealth.org.uk>

### **Health Talk Online**

Aims to provide balanced information about the experience of everyday life with a range of health conditions and issues, what to expect both physically and mentally, overcoming practical difficulties, making decisions about treatment and talking to health professionals.

<http://www.healthtalk.org/>

### **Youth*in*Mind**

Youth*in*Mind is an online resource for information about mental health and offers brief assessments. It also provides links to other useful books, websites and services. <http://youthinmind.info/py/yiminfo/>