

MENTAL HEALTH

<https://www.provisionmap.co.uk/wp-content/uploads/2020/05/Additional-MH-information.pdf>

NHS MENTAL HEALTH & CONDITIONS HELPLINES - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Mental health services <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/>

HUB OF CONTACTS: <https://hubofhope.co.uk/services?latitude=52.5567652&longitude=-1.8735282>


<https://lpec.org.uk/wp-content/uploads/2021/05/Mental-Health-Resources-MH-Awareness-Week-May-21.pdf>



[YOUTH WELLBEING DIRECTORY](#)

[Mental health services HERE](#)




[MENTAL HEALTH IN SCHOOLS 2018](#)

Now & Beyond	Educational mental health and wellbeing resources from some of our partner organisations	https://nowandbeyond.org.uk/materials-for-beyond
 Anna Freud National Centre for Children and Families	Wellbeing Directory	YOUTH WELLBEING DIRECTORY
Place2B MH charity working with pupils, families and staff in UK schools 	Place2Be is a national charity providing emotional and therapeutic services in primary and secondary schools, in England, Scotland and Wales, building children's resilience early in life through counselling, creative work and play. We also provide training on mental health and wellbeing for teachers and other professionals who work with children and young people, so we can help to build 'mentally healthy' schools and communities where all children can thrive. www.place2be.org.uk	https://www.place2be.org.uk/

	<p>Mind Up - Goldie Hawn Foundation</p>		<p>https://mindup.org/</p>
			<p>https://www.minded.org.uk/</p>
	<p>With over 130 counsellors and emotional wellbeing practitioners we look after thousands of service users each day. Our counsellors are BACP accredited or working towards that accreditation. Compassion and that “alongside you” feeling is critical to our unique personal approach.</p>	<p>0203 984 9337contact@kooth.com Parents reaching out parents@kooth.com</p>	<p>https://www.kooth.com/ https://www.koothplc.com/about-us/who-we-are</p>
<p>Elefriends</p>	<p>Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind. If you're a carer needing support you can contact all of the above as well as Carers Direct and the Carers Trust, both of whom are able to provide support and advice on any issues affecting you.</p>		<p>Website: http://elefriends.org.uk/</p>
<p>Counselling W P H</p>	<p>A step down from CAMHS but 6 month waiting list!</p>	<p>The Haven 55 Upper Forster Street</p>	<p>Telephone: 01922 649000 Email: wphcounselling@btconnect.com http://wphcounselling.org/Contactus.htm</p>

		Walsall West Midlands WS4 2AB		
TELEPHONE HELPLINE 01922 649000 Out of hours emergency helpline offering caring and compassionate support, information and advice whenever needed. Follow up one to one appointments will be arranged if necessary.				
Children and Young People with Disabilities Team	CAMHS	Education Development Centre, Rushall, Walsall WS4 1NG	01922 654 634	
The Mix	Online guide to life for 13-25 year olds. Straight-talking emotional support on a range of issues including mental health problems & is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room . The Mix's support via phone, email, webchat, peer to peer and counselling services.		Telephone: 0808 808 4994 (11am-11pm, free to call) Crisis Support: Text 'THEMIX' to 85258 .	Website: www.themix.org.uk/get-support themix.org.uk
				https://www.mentalhealth.org.uk/
	Specialises in child protection and the prevention of cruelty to children.		helpline (adults): 0800 800 5000 helpline (children and young people) 0800 1111	help@nspcc.org.uk Nspcc.org.uk

OUR MINDS FUTURE			https://www.ourmindsourfuture.uk/
Papyrus	Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.	helpline: 0800 068 41 41	papyrus-uk.org
	STUDENT MINDS		https://www.studentminds.org.uk/
	SWITCHBOARD LGBT + HELPLINE		https://switchboard.lgbt/
	RETHINK MENTAL ILLNESS		https://www.rethink.org/
			https://www.winstonswish.org/
	General enquiries		https://www.pause.org.uk/

	For general enquiries please email info@pause.org.uk or call 020 3011 1949 – please leave a message and we will get back to you.		
			https://forwardthinkingbirmingham.nhs.uk/
			https://www.thehouseonthecorner.info/house/Counselling.html
The stick team	<p>Screening, Training, Intervention, Consultation and Knowledge</p> <p>Forward Thinking Birmingham</p> <p>Birmingham Women's and Children's Hospital NHS Trust</p> <p>Email: bwc.stickftb@nhs.net</p>		bwc.stickftb@nhs.net
	Counselling for girls/anxiety		https://www.cherisheduk.org/
<ul style="list-style-type: none"> • HOPELINEUK - confidential and anonymous support for people age under 35, in the U.K., thinking about suicide, or anyone concerned for somebody. Open 9am - midnight daily. • Call - 0800 068 4141 			

- Text: 07860039967
- Email - pat@papyrus-uk.org
- Website www.papyrus-uk.org
- HOPELINEUK FAQs - <https://www.papyrus-uk.org/hopelineuk/hopelineuk-faqs/>
- Training information - <https://www.papyrus-uk.org/education-and-training/>
- Volunteering information - <https://www.papyrus-uk.org/volunteer-for-us/>
- Email address to request PAPYRUS marketing - admin@papyrus-uk.org
- <https://www.papyrus-uk.org/wp-content/uploads/2018/10/Distracton-Techniques.pdf>
- Coping mechanisms - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf>
- Safety plan - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf>
- Hopebook - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/HOPEBOOK.pdf>
- Hopebox - <https://www.papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf>

Parenting and Family Support- Family Lives (formerly Parentline Plus)	Support to anyone parenting a child.	Helpline: 0808 800 2222	familylives.org.uk
Samaritans	24 hour helpline Emotional support for anyone feeling down, experiencing distress or struggling to cope	Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA.	24-hour helpline: 116 123 (freephone) jo@samaritans.org samaritans.org

Saneline	Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.		Telephone: 0300 304 7000 (4:30pm-10:30pm)	www.sane.org.uk/what_we_do/support/helpline
Young Minds	National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.		020 7089 5050 (general enquiries) 0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)	youngminds.org.uk
Childline	Free 24-hour helpline for children and young people in the UK. ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small		0800 1111	childline.org.uk
Forward Thinking	Young people can drop in during our opening hours to speak to a counsellor/therapist or a youth worker.	21 Digbeth Birmingham B5 6BJ United Kingdom	PhoneTel: 0300 300 0099	Facebook: forwardthinkingbirmingham Twitter: @bhamforward
Sandwell Women's Aid				https://blackcountrywomensaid.co.uk/locations/sandwell/

Additional sites to support with mental health and wellbeing :

- Samh.org .uk - Based in Scotland offer support for children and young people
- Contactarmedforces.co.uk - a group of charities working with the NHS and MoD
- Thecalmzone.net - 0800 585858
- Campaign against living miserably to help young male adults
- Annafreud.org - national centre for children and families. The London base can be contacted on 020 7794 2313
- Papyrus-uk.org - prevention of young suicide. 0800 0684141
- Studentsagainstdepression.org
- Actionforchildren.org.uk
- www.princes-trust.org.uk
- Stem4.org.uk
- www.childenssociety.org.uk
- www.mental health org.uk
- Mental health foundation - 0207803 1101, for mental health and learning difficulties
- Together - 02077807300 - supporting people through health services
- BACP - British Council of Counselling and PSychotherapy - 01455 883300
- Lesbian and gay switchboard (London) 020 7837 7324
- www.sane.org.uk
- www.themix.org.uk - 0808 808 4994 - support for under 25s
- Nshn.co.uk - national self harm forum
- Lifesigns.org.uk - Life Signs - self injury guidance and network support
- Selfharm.co.uk - free online self harm support for 14-19 year olds
- HOPELINEUK - confidential and anonymous support for people age under 35, in the U.K., thinking about suicide, or anyone concerned for somebody. Open 9am - midnight daily.

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- Training information - <https://www.papyrus-uk.org/education-and-training/>
- Volunteering information - <https://www.papyrus-uk.org/volunteer-for-us/>
- Email address to request PAPYRUS marketing - admin@papyrus-uk.org
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- Distraction techniques - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/Distracton-Techniques.pdf>
- Coping mechanisms - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf>
- Safety plan - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf>
- Hopebook - <https://www.papyrus-uk.org/wp-content/uploads/2018/10/HOPEBOOK.pdf>
- Hopebox - <https://www.papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf>
- Conversation starters - https://www.papyrus-uk.org/wp-content/uploads/2018/09/papyrus_conversation_starters.pdf

Apps and Tools Wysa Healthymindsonlinecom - for ages 12+

- Inhand.org.uk
- Mindshift CBT app, Canada
- Sam-app.org.uk - info@sam-app.org.uk, developed by Bristol University.

If you are worried about a child, contact the Children's Advice and Support Service (CASS):

Monday to Thursday: 8:45am to 5:15pm. Friday: 8:45am to 4:15pm

Telephone: 0121 303 188.

Emergency out-of-hours - Telephone: 0121 675 4806

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