



Shropshire Telford & Wrekin Beam Ludlow Beam



National Organisations & Online Resources

PARENTS/CARERS & PROFESSIONALS: *the websites & resources below are listed as information only. You should check their suitability before suggesting to any child(ren), and monitor usage.*

We suggest you check call charges (even where stated) prior to use to ensure you have the current information.

****Please note this is not an exhaustive list****

| Organisation | Provision | Contact |
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| Action for Children | Mental health resources | https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/ |
| Autism West Midlands | Autism-related information and support | https://www.autismwestmidlands.org.uk/ |
| CALM | A charity that offers emotional support, advice and information to men who are feeling suicidal and their families. | Helpline: 0800 585858 Webchat via website - https://www.thecalmzone.net/ |
| Chatter Pack | Information and resources, including for SEND. Lots are free to download. | https://chatterpack.net/ |
| Childline | Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. | Free Phonecalls to 0800 1111 9am to 12pm Visit: http://www.childline.org.uk Log in for one to one counsellor chat |

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| Childmind | This is a good resource website to direct parents to. Lots of downloadable guides on different mental health conditions. | https://childmind.org |
| Family Lives | Helpline (parents) Free helpline for parents for emotional support, information, advice and guidance on any aspect of parenting and family life. _ | https://www.familylives.org.uk/how-we-can-help/confidential-helpline/ 0808 800 2222 Helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. askus@familylives.org.uk . |
| Harmless | Website User-led organisation providing support, information, training and consultancy to people who self-harm, their friends and families and professionals, and those at risk of suicide. _ | http://www.harmless.org.uk/ _ |
| Helpguide.org | HelpGuide is a nonprofit mental health and wellness website. Our mission is to provide empowering, evidence-based information that you can use to help yourself and your loved ones. | https://www.helpguide.org/about-us.htm Lots of information including a teen section. |
| Leicester Partnership NHS Trust – Things you need to know if you self-harm. _ | Resource Information leaflet on wound care, preventing infection and when to seek help. _ | https://www.leicspart.nhs.uk/Library/SelfHarmLeaflet.pdf |
| Mental Health Foundation | Information and publications relating to all aspects of mental health. | https://www.mentalhealth.org.uk/ |
| Mental Health.org.uk | Online Information on mental health, lots of information | Free downloadable make it count guide for young people https://mentalhealth.org.uk |
| Mind | Offer Advice and Support to anyone with a mental health problem | Infoline: 0300 1233393 (information and signposting) Email: info@mind.org.uk Text: 86463 Legal line: 0300 466 6463 – provides legal information and general advice on mental health related law |

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| | | Open 9am to 6pm, Monday to Friday (except for bank holidays). |
| National Autistic Society | Autism-related information and support | https://www.autism.org.uk/ |
| NHS Every Mind Matters | Online resources on mental health | www.nhs.uk/Mental/Health |
| No Panic | <p>No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.</p> <p>Has a specific youth helpline 13 to 20 year olds.</p> | <p>Youth Helpline 0330 606 1174 *For 13 to 20 year olds, Monday, Tuesday, Wednesday, Friday: 3pm to 6pm Thursday: 3pm to 8pm Saturday: 6pm to 8pm</p> <p>Helpline: 0844 967 4848 *Everyday 10:00am – 10:00pm, Charge: 5p a minute + your access charge</p> <p>Email info@nopanic.org.uk</p> |
| Papyrus | <p>Website Helpline</p> <p>Prevention of young suicide</p> | <p>https://papyrus-uk.org/ 0800 068 4141_</p> |
| Pooky Knightsmith Mental Health | <p>YouTube Channel</p> <p>Includes various YouTube clips about mental health issues, including self-harm</p> | <p>Channel link: https://www.youtube.com/channel/UCouKr8JeXinK6v_nf5dWA1A</p> <p>https://www.pookyknightsmith.com/</p> |
| Rethink Mental Illness | Website_ | https://www.rethink.org/ _ |

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| <p>Rise Above</p> | <p>Resources and lesson plans for primary and secondary aged children and young people. Aimed at schools, but a vast array of resources about Social Media, Body Image, Puberty, Secondary school transitions.</p> <p>These are freely available to all and may be useful to any parents/carers who wants to address the topics with their young people while school is closed.</p> | <p>https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview</p> |
| <p>Samaritans</p> | <p>A charity that offers emotional support for people who are distressed.</p> | <p>Website: www.samaritans.org Telephone: 116 123 (24 hours a day, 7 days a week) Email: jo@samaritans.org</p> |
| <p>Self Harm UK</p> | <p>Website</p> | <p>https://www.selfharm.co.uk/</p> |
| <p>Shout</p> | <p>A charity that provides support if you're experiencing a personal crisis and are unable to cope.</p> | <p>Text: text shout to 85258 E-mail: info@supportline.org.uk Website: www.supportline.org.uk/</p> |
| <p>Staying Safe</p> | <p>The Staying Safe website has been developed by 4 Mental Health, with invaluable input from our Expert Reference Group of international academics, people with lived experience (including of surviving a suicide attempt, self-harm, supporting a friend or family member or bereavement by suicide), suicide prevention experts, mental health practitioners, general practitioners, policy makers, public health experts, sector experts, educationalists and concerned citizens.</p> | <p>https://www.stayingsafe.net/</p> |

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| Stem4 | <p>Supporting young people's mental health. Stem4 have developed 3 free apps:</p> <p>Calm Harm – to help teens resist the urge to self harm</p> <p>Clear Fear – to help children and young people with feelings of anxiety</p> <p>Combined minds – for family members supporting young people with their mental health</p> | <p>https://stem4.org.uk/#</p> |
| Switchboard | Switchboard gives practical and emotional support for people in the LGBT+ community. | <p>Telephone: 0300 330 0630 (10am – 10pm every day)</p> <p>E-mail: chris@switchboard.lgbt</p> <p>Webchat: through the website www.switchboard.lgbt</p> |
| The Children's Society | Covid-related resources as well as information as to how to access emotional wellbeing support. | <p>https://www.childrensociety.org.uk/coronavirus-information-and-support</p> |
| The Mix | A charity offering support to people under 25. They also offer telephone counselling, webchat and crisis text. | <p>Telephone: 0808 808 4994 (4pm – 11pm every day)</p> <p>Crisis support: text THEMIX to 85258 (24 hours a day, 7 days a week)</p> <p>E-mail: through the website</p> <p>Telephone Counselling: through the website</p> <p>Webchat: 1 to 1 chat service through the website</p> <p>Website: www.themix.org.uk</p> |
| Young Minds | Crisis Support Text Service and Information on Mental health Website Parents helpline | <p>Young Minds Crisis Messenger free 24hr support text YM to 85258</p> <p>https://youngminds.org.uk/find-help/for-parents/parents-helpline/ 0808 802 5544</p> |
| Zero Suicide Alliance | Free online training /information re suicide | <p>https://www.zerosuicidealliance.com/</p> |