

USEFUL WEBSITES FOR YOUNG PEOPLE

Organisation	Support for
<u>KOOTH</u>	All young people
<u>STONEWALL</u>	Lesbian, gay, bisexual and transgender people
<u>YOUNG MINDS</u>	Advice for young people
<u>ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES</u>	<u>Self-care strategies for young people</u> feeling low or anxious
<u>See, Hear Respond</u>	Support if you are struggling with any aspect of your mental health
<u>Emotional Health & Well-Being For Young People The Children's Society</u>	Full of age-specific advice on issues that may be worrying children and young people
<u>TIME TO CHANGE</u>	Provides phone numbers for mental health services
<u>CAMHS in Berkshire</u> <u>(berkshirehealthcare.nhs.uk)</u>	<i>If you want to talk to someone about whether CAMHS is the right service to help, or if you are having extreme mental health difficulties and need support urgently, call the team on 0300 365 1234, 8.00am-8.00pm Monday to Friday. Outside of these hours, if you need urgent help, please contact the adult crisis team on 0300 365 0300.</i>

NATIONAL HELPLINES

<p>CHILDLINE -</p> <p><u>ChildLine.org.uk</u></p>	0800 1111
<p>THE MIX</p> <p><u>www.themix.org.uk</u></p>	0808 808 4994
<p>THE SAMARITANS</p> <p><u>www.samaritans.org</u></p>	116 123
<p>SHOUT</p> <p><u>www.giveusashout.org</u></p>	<p>The UK's 24/7 text service for anyone in crisis, anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.</p> <p>TEXT SHOUT to 85258</p>