



Royal College of Psychiatrists – Improving the lives of people with mental illness

Link to website [Royal College of Psychiatrists \(rcpsych.ac.uk\)](http://rcpsych.ac.uk)

This site provides fantastic information about mental health written for young people, parents, teachers and carers. Below are links to additional websites that may be of use.

For Young People	
	<p>YoungMinds - children and young people's mental health charity</p> <p>There's great information and advice on this site</p>
	<p>CAMHS - Home (elft.nhs.uk)</p>
	<p>Togetherall A safe community to support your mental health, 24/7</p> <p>Previously known as Big White Wall, this is a fantastic online support community for people who are 16 years of age or older</p>
	<p>Help With Bullying (kidscape.org.uk)</p> <p>They provide support and information regarding bullying</p>
For Parents and Carers	
	<p>Parent Support Group: Who we are (psg.org.uk)</p> <p>Fabulous parent/carer support group with a helpline and advice online</p>
	<p>Home Parent Zone</p>
	<p>Parenting and Family Support - Family Lives (Parentline Plus)</p>
	<p>Bullying advice Bullying UK</p>

You may also find the following information helpful:

Support organisation for people who may be: distressed; experiencing suicidal thoughts; and/or self-harming.

Some of the most popular organisations are listed below. You may contact as many or as few as you like – it's up to you and it's OK to contact more than one.



Link to website [Home](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)



Call: 0800 068 4141



Text: 07860039967



Email: pat@papyrus-uk.org

The helpline is open from 9am to midnight every day of the year.

“Papyrus aims to prevent young people taking their own lives. A professionally staffed helpline provides support, practical advice and information both to young people worried about themselves, and to anyone concerned that a young person may harm themselves.”

Link to website [Samaritans](#) | [Every life lost to suicide is a tragedy](#) | [Here to listen](#)



Call: 116 123 (24hrs a day, 7 days a week)



Email: jo@samaritans.org

Samaritans offers a 24/7 helpline service which gives you a safe space where you can talk about what is happening, how you are feeling, and how to find your own way forward. Samaritans volunteers are ordinary people from all walks of life who understand that there are sometimes things that you just cannot talk about to the people around you. They know that very often, with some time and space, people are able to find their own solutions within themselves.

Link to website [Childline](#) | [Childline](#)

Update from Childline

We're working a little differently because of coronavirus. You can still start a [1-2-1 chat](#) with us from 9am - 10:30pm. Or you can call [0800 1111](#) for free from 9am - 3:30am.

You can also [send an email using a Childline account](#) any time, and we'll usually reply within a day.

“Comforts, advises and protects children 24 hours a day and offers free confidential counselling. If you are worried about anything, it could be something big or something small, don't bottle it up. It can really help to talk to someone. If there is something on your mind, Childline is here for you.”