

## Emotional Wellbeing and Mental Health Support Services

These services have websites that offer supportive advice and communication information.

Young People - seeking self-help and support	Support Offered	Website Details	Contact Number
Chathealth	ChatHealth is a secure NHS approved text messaging service for 11- 19 year olds.	Texting Service only	07480 635 060
Childline	Emotional wellbeing and mental health support for young people	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>	0800 1111 Or make an account online and chat to a 1-2-1 counsellor.
Connects	Supports Young Carers, Young Adult Carers and Young Adult Carer Parents.	<a href="http://connectsandco.co.uk/groups/">http://connectsandco.co.uk/groups/</a>	01603 405328
Kooth	Emotional wellbeing and mental health support for young people 11 to 25 years across Norfolk and Suffolk access to online counselling delivered by qualified counsellors 365 days a year	<a href="https://www.kooth.com/">https://www.kooth.com/</a>	<b>Urgent Help</b> - call the 24/7 NSFT First Response Helpline on 0808 196 3494
MAP	MHS supporting young people through signposting & counselling	<a href="mailto:advice@map.uk.net">advice@map.uk.net</a>	0800 074 4454
Matthew Project	Matthew Project supports vulnerable adults and young people in the East of England. Focusing on reducing drug and/or alcohol misuse with young people under 18, providing support for both young people and adults in	<a href="mailto:unity@matthewproject.org">unity@matthewproject.org</a>	Advice Line: 0800 970 4866 (office hours) Unity Office: 01603 216420

	recovery, and improving individuals' mental wellbeing.		
NSPCC	Fighting for Childhoods. Preventing Child Abuse. Protecting Children Today. 24/7 Help.	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>	020 7825 2505
Point 1	Emotional wellbeing and mental health support for young people	<a href="mailto:Point1@ormistonfamilies.org.uk">Point1@ormistonfamilies.org.uk</a> .	0800 977 4077
Samaritans	Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, 365 days a year.	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	Telephone:116 123
SHOUT	Shout is a free text messaging service which provides 24/7 support for anyone experiencing a mental health crisis.	Texting service only	TEXT: 85258
The Mix	The Mix is the UK's leading support service for young people. To help you take on any challenge you're facing.	<a href="http://www.themix.org.uk">www.themix.org.uk</a>	0808 808 4994 text THEMIX to 85258
Young Minds	Information and self-management techniques.	<a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>	Crisis text line: Text YM to 85258
Stem4	Information and self-management techniques.	<a href="https://stem4.org.uk/">https://stem4.org.uk/</a>	
Mind	Information and self-management techniques.	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a>	
Students against depression	Information and self-management techniques for depression.	<a href="https://www.studentsagainstdepression.org/self-help/">https://www.studentsagainstdepression.org/self-help/</a>	
Anxiety UK	Information and self-management techniques for anxiety.	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>	Helpline: 03444775774 Text: 07537416905

No Panic	Information and self-management techniques for anxiety.	<a href="https://nopanic.org.uk/youth-hub/">https://nopanic.org.uk/youth-hub/</a>	Helpline: 0330 606 1174 Call 01952 680835 for a recorded message to guide you through a panic attack.
OCD Action	Information and self-management techniques for OCD.	<a href="https://ocdaction.org.uk/">https://ocdaction.org.uk/</a>	Helpline: 03006365478
Get Self Help	CBT self-help techniques.	<a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>	
Hearing Voices	Support and information for those hearing voices.	<a href="https://www.hearing-voices.org/">https://www.hearing-voices.org/</a>	Helpline: 01142718210
Bipolar UK	Information and support for those with bipolar.	<a href="https://www.bipolaruk.org/">https://www.bipolaruk.org/</a>	
Voice Collective	Support and information for young people with auditory or visual hallucinations.	<a href="http://www.voicecollective.co.uk/">http://www.voicecollective.co.uk/</a>	Helpline: 020 7911 0822
Self-Injury Support	Support and advice for women and girls who struggle with self-injury,	<a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a>	Helpline: 0808 800 8088 Text: 07537 432444 Email: <a href="mailto:tessmail@selfinjurysupport.org.uk">tessmail@selfinjurysupport.org.uk</a>
Life Signs	Support and information for those struggling with self-harm.	<a href="https://www.lifesigns.org.uk/">https://www.lifesigns.org.uk/</a>	
Anorexia Bulimia Care	Support and information for those struggling with an eating disorder.	<a href="https://www.anorexiabulimiare.org.uk">https://www.anorexiabulimiare.org.uk</a>	
Boy Anorexia	Support and information for males struggling with an eating disorder.	<a href="http://www.boyanorexia.com/">http://www.boyanorexia.com/</a>	
Beat	Support and information for those struggling with an eating disorder.	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>	Youthline: 0808 801 0711 Youth email address: <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a>
Papyrus	Suicide awareness and support for young people.	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>	<ul style="list-style-type: none"> <li>Call: <a href="tel:08000684141">0800 068 4141</a></li> </ul>

			• Text: <a href="tel:07860039967">07860039967</a>
Nelsons Journey	Support for young people who have lost someone.	<a href="https://nelsonsjourney.org.uk/">https://nelsonsjourney.org.uk/</a>	01603 431788
CEN-CAEDS	Norfolk Eating Disorder Team.		01603 978455
Wellbeing	Support and counselling for over 16s struggling with their mental health.	<a href="https://www.wellbeingnands.co.uk/norfolk/">https://www.wellbeingnands.co.uk/norfolk/</a>	
Butterflies Emotional Wellbeing Support – With the Benjamin Foundation	Support and counselling for young people struggling with their mental health.	<a href="https://benjaminfoundation.co.uk/butterflies-emotional-wellbeing-support-for-young-people/">https://benjaminfoundation.co.uk/butterflies-emotional-wellbeing-support-for-young-people/</a>	01603 662939
Miraculous Me	Counselling 4-16 years old in Norfolk.	<a href="https://www.miraculousme.co.uk/about-me">https://www.miraculousme.co.uk/about-me</a>	
The Matthew project Youth Team	Supporting youths who are affected by someone else's substance abuse.	<a href="https://www.matthewproject.org/unity">https://www.matthewproject.org/unity</a>	
Swan Youth Project	1:1 support for young people struggling with their mental health in Norfolk.	<a href="https://www.swanyouthproject.org/11-support/">https://www.swanyouthproject.org/11-support/</a>	
First Response	Support for mental health. 24/7		Helpline: <b>0808 196 3494</b>
Self Harm	7 week course for 14-19 year olds who struggle with self-harm.	<a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a>	
National Bullying Helpline	For young people who have experience bullying.	<a href="https://www.nationalbullyinghelpline.co.uk/">https://www.nationalbullyinghelpline.co.uk/</a>	Helpline: 0845 225 5787
Runaway	For young people who have run away and need someone to talk to (11-17 year olds).	<a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a>	Call or text 116000

Young people – apps for self-help/support	Support Offered	Website Details	Contact Number
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Action for happiness	Positivity on your phone and daily challenges to improve mental wellbeing.		
Calm Harm	Self-harm support – many techniques for support – highly recommended		
Clear fear	Anxiety support – highly recommended		
Move mood	Depression support		
Mindshift	Monitoring and support for depression		
Moodtools	Monitoring and support for depression		
Stayalive	Support and safety management for suicidal thoughts		
Actissist	Support for first episodes of psychosis		
Recovery Record Eating Disorder Management	Eating disorder support		

WorryTree	For anxiety – managing your worries		
ThinkNinja	For all mental health – highly recommended		

Parents/Carers – seeking support for young people	Support Offered	Website Details	Contact Number
Anna Freud	Advice & guidance for parents and carers to help them support their child experiencing mental health difficulties.	<a href="https://www.annafreud.org/parents-and-carers/">https://www.annafreud.org/parents-and-carers/</a>	Tel: 02077942313
Chathealth	ChatHealth is a secure NHS approved text messaging service	Texting service only	07520 631 590
Just One Number	NHS single point of contact that will guide to age appropriate services	justonenorfolk.nhs.uk	0300 3000123
NSFT First Response	24/7 advice, support and signposting for people with mental health difficulties		0808 196 3494
Parentline	Offers parents support and guidance	Texting service only	07520 631590
Point 1	Emotional wellbeing and mental health support for young people	<a href="mailto:Point1@ormistonfamilies.org.uk">Point1@ormistonfamilies.org.uk</a>	0800 977 4077

Young Minds	Emotional wellbeing and mental health support for young people and Parents helpline	youngminds.org.uk	0808 802 5544 – parental helpline 9:30am – 4pm
Combined Minds	Support and advice for parents with children who are struggling with their mental wellbeing	App	
Stem4	Good techniques and information for parents to support their children struggling with their mental health.	<a href="https://stem4.org.uk/">https://stem4.org.uk/</a>	
Mind	Good information for supporting your child through mental health struggles.	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/">https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/</a>	
MindEd	Good information for supporting your child through mental health struggles.	<a href="https://www.mindedforfamilies.org.uk/young-people">https://www.mindedforfamilies.org.uk/young-people</a>	
Anxiety UK	Good information for supporting your child with anxiety.	<a href="https://www.anxietyuk.org.uk/get-help/helping-your-child/">https://www.anxietyuk.org.uk/get-help/helping-your-child/</a>	
No Panic	Good information for supporting your child with anxiety.	<a href="https://nopanic.org.uk/advice-for-parents/">https://nopanic.org.uk/advice-for-parents/</a>	
Anorexia Bulimia Care	Good information for supporting your child with an eating disorder.	<a href="https://www.anorexiabulimiacare.org.uk/family-and-friends">https://www.anorexiabulimiacare.org.uk/family-and-friends</a>	
Life Signs	Good information for supporting your child who is self-harming.	<a href="https://www.lifesigns.org.uk/guidance-for-others/">https://www.lifesigns.org.uk/guidance-for-others/</a>	

Parents/Carers – seeking support for themselves and their family	Support Offered	Website Details	Contact Number
Galop	National LGBTQ+ Domestic Abuse Helpline and web chat service	help@galop.org.uk	0800 999 5428
Leeway Adults, Young Adults and Children	Domestic Abuse Support 24 hour helpline	adviceandsupport@leewaynwa.org.uk	0300 661 0077

Refuge Men and Children	Domestic Abuse Support Men's advice line	<a href="http://nationaldahelpline.org.uk">nationaldahelpline.org.uk</a>	0808 801 0327
Refuge Women and Children	Domestic Abuse Support 24 hour helpline	<a href="http://nationaldahelpline.org.uk">nationaldahelpline.org.uk</a>	0808 2000 247
Relate	Supporting families experiencing difficulties	<a href="http://relate.org.uk">relate.org.uk</a>	0333 257 4042
Samaritans	Mental Health Support 24 hour helpline	<a href="http://samaritans.org">samaritans.org</a>	116 123