

If you are feeling worried these are some people you can contact...

Kelly Thomas (Inclusion Mentor)- Monday- Friday 8.30am-4.30pm

07566262638

kelly.thomas@goldwyn.kent.sch.uk

Anxiety UK

[03444 775 775](tel:03444775775) (helpline)

[07537 416 905](tel:07537416905) (text)

anxietyuk.org.uk

Advice and support for people living with anxiety.

Beat

[0808 801 0711](tel:08088010711) (youthline)

[0808 801 0811](tel:08088010811) (studentline)

beateatingdisorders.co.uk

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

Childline

[0800 1111](tel:08001111)

childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline.

Kooth

kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

Me and My Mind

meandmymind.nhs.uk

Advice and support for young people struggling with unusual experiences, such as hearing voices.

National Society for the Prevention of Cruelty to Children (NSPCC)

[0800 800 5000](tel:08008005000)

[0800 1111](tel:08001111) (18 or under)

nspcc.org.uk

Support for children and anyone worried about a child.

NHS Go

nhsgo.uk

NHS app with confidential health advice and support for 16–25 year olds.

No Panic

[0330 606 1174](tel:03306061174)

nopanicyouthhub.org.uk

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

Samaritans

116 123

samaritans.org

Freepost RSRB-KKBY-CYJK

PO Box 90 90

Stirling FK8 2SA

jo@samaritans.org

24-hour emotional support for anyone who needs to talk.

YoungMinds

0808 802 5544 (parents helpline)

85258 (crisis messenger service, text YM)

youngminds.org.uk

Committed to improving the mental health of babies, children and young people, including support for parents and carers. Provides information on medication for young people.

Youth Access

youthaccess.org.uk

Advice and counselling network for young people, including details of free local services.

