






Support for Children & Young People's
Emotional Wellbeing and Mental Health

Please see attached examples of helplines and community groups which are available to support children and young people's emotional wellbeing and mental health.

 www.kooth.com	<p>It is a free, confidential, safe and anonymous way for young people aged 11-24 to ask for help from a team of highly qualified and experienced counsellors and support workers.</p>
 www.childline.org.uk	<p align="center">Call 0800 1111</p> <p>a free, private and confidential service where you can talk about anything.</p>
  <p>National charity dedicated to the prevention of young suicide. www.papyrus-uk.org</p>	<p>If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.</p> <p align="center">Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included)</p>
 www.samaritans.org	<p><u>Free crisis helpline</u> 24/7, 365 days a year, for anyone who is experiencing mental health difficulties. Call 116 123. They also have a Samaritans <u>self-help app</u>.</p>
 https://essexfamilywellbeing.co.uk/chat-health/	<p>Essex School Nurse's anonymous text service for all health matters</p> <p align="center">9-5pm Monday to Friday.</p>
 www.beateatingdisorders.org.uk	<p>UK's eating disorder charity</p> <p align="center">Helpline: 0808 801 0677 Studentline: 0808 801 0811 Youthline: 0808 801 0711</p>

	<p>Helplines open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.</p> <p>They also have a 1:1 Web chat</p>
 <p>www.togetherall.com/en-gb/</p>	<p>Get support. Take control. Feel better.</p> <p>A safe community to support your mental health, accessible 24/7</p>
 <p>Text AFC to 85258</p> <p>www.annafreud.org/on-my-mind/</p>	<p>On My Mind website aims to empower young people to make informed choices about their mental health and wellbeing.</p> <p>Text: AFC to 85258</p> <p>24/7 Free crisis anonymous text line</p>
	<p>Essex Emotional Wellbeing & Mental Health (EWMHS) Instagram account</p> <p>Supporting children and young people’s mental health and wellbeing in Essex. Co-produced with Children & Young People in Essex.</p>
 <p>https://www.nhs.uk/apps-library/category/mental-health/</p>	<p>NHS recommended mental health apps</p>
 <p>www.giveusashout.org</p>	<p>Free 24/7 text service</p> <p>Your messages with us are confidential and anonymous.</p> <p>You can text us any time, day or night.</p>