


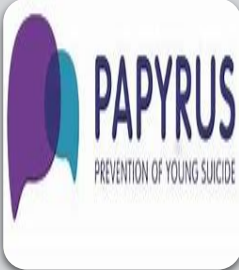






Mental Health



Please find information of Mental Health and Support services if children, young adults or relations feel they need further advice about different aspects of mental health. We have selected a variety of means of seeking further information and advice which can be seen below:

							
<p><u>General Mental Health Issues</u></p> <p>Mind</p> <p>Promotes the views and needs of people with mental health problems.</p> <p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)</p> <p>Website: www.mind.org.uk</p>	<p><u>Anxiety</u></p> <p>Anxiety UK</p> <p>Charity providing support if you have been diagnosed with an anxiety condition.</p> <p>Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)</p> <p>Website: www.anxietyuk.org.uk</p>	<p><u>Panic Attacks</u></p> <p>No Panic</p> <p>Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.</p> <p>Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge</p> <p>Website: www.nopanic.org.uk</p>	<p><u>Young Suicide Prevention</u></p> <p>PAPYRUS</p> <p>Young suicide prevention society.</p> <p>Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)</p> <p>Website: www.papyrus-uk.org</p>	<p><u>Adolescent Mental Health</u></p> <p>YoungMinds</p> <p>Information on child and adolescent mental health. Services for parents and professionals.</p> <p>Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)</p> <p>Website: www.youngminds.org.uk</p>	<p><u>Abuse</u></p> <p>NSPCC</p> <p>Children's charity dedicated to ending child abuse and child cruelty.</p> <p>Phone: 0800 1111 for Childline for children (24-hour helpline)</p> <p>0808 800 5000 for adults concerned about a child (24-hour helpline)</p> <p>Website: www.nspcc.org.uk</p>	<p><u>Learning Disabilities</u></p> <p>Mencap</p> <p>Charity working with people with a learning disability, their families and carers.</p> <p>Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)</p> <p>Website: www.mencap.org.uk</p>	<p><u>Eating Disorders</u></p> <p>Beat</p> <p>Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)</p> <p>Website: www.beat.co.uk</p>

For APPs in relation to a variety of these areas to support, offer guidance and strategies please use the following links and then search what is on offer: <https://www.nhs.uk/apps-library/category/mental-health/>