

Well Being support/contacts.

The table below can be found in your planner and will be in your new planners issued when you return to school in September. But, over the summer, you may want or have the need to contact someone for some support. Please use the list of wellbeing organisations below for any support you may need:

Organisation	About	Contact
Kooth	Online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop	https://kooth.com/
Childline	Comforts, advises and protect children 24 hours a day and offers free confidential counselling. Chat 1-2-1 with a counsellor online	Phone 0800 1111 (24 hours) www.childline.org.uk
Samaritans	24 hour confidential listening and support for anyone who needs it (adults included)	jo@samaritans.org.uk phone 116 123 (24 hours)
CEOP Safety Centre	The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children	www.ceop.police.uk
Barnardo's	Children and Young People's Counselling Services	Phone 0121 359 5333
NSPCC helpline		Phone 0808 800 5000
The Childrens' Society		Phone 0121 709 2610 www.childrensociety.org.uk
CSE Child Sexual Exploitation	Information and support around Child Sexual Exploitation	www.seeme-hearme.org.uk/young-people
Solihull Mind	Mental Health charity and drop in service.	www.Solihullmind.org.uk
PAUSE	Mental Health Drop in service – affiliated to the Childrens' Society – part of Forward Thinking Birmingham	Phone 0300 300 0099
The Mix	Information support and listening for people under 25	Phone 0808 808 4994
B-Eat	The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18 The Beat Adult Helpline is open to anyone over 18. Parents, teachers or any concerned adults.	Phone 0345 634 7650 (4pm – 10pm days) Email fyp@b-eat.co.uk Adults (over 18) Phone 0808 801 0677 help@beateatingdisorders.org.uk
Stonewall	The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information and support.	Phone 0207 593 1850 (mon – Fri 9.30 – 5.30) www.stonewall.org.uk

HOPELineUK	National Confidential Helpline. If you are a young person at risk of suicide or worried about a young person at risk of suicide	Phone 0800 068 4141
Child Bereavement		Phone 01494 568900 www.childbereavement.org.uk
Relate	There are all sorts of reasons why you might want a bit of extra help from Relate. Things might be worrying you at home or school, or you might need help and advice with your own relationship	Phone 0300 100 1234
Self Harm		info@selfharm.co.uk www.selfharm.co.uk
Carefree	Support for Young carers	carefree@barnardos.org.uk
Frank	Confidential information and advice about drugs and substance abuse, whether it's for you or someone else	Phone 0800 776600 (24 hours)
Young Minds	Offers children/young people support and advice concerning mental health and emotional wellbeing.	www.youngminds.org.uk
Runaway helpline	Confidential advice and support for those contemplating running away/have ran away.	Phone or text 116 000 www.runawayhelpline.org.uk
SOLAR	Mental Health Service for Children and Young People in Solihull	24 hr helpline: 0121 262 3555 CRISIS: 0121 301 2750 (Mon – Fri 9am – 5pm)
Anxiety UK	Charity providing support if you've been diagnosed with an anxiety condition.	Phone: 03444 775 774 (Mon-Fri, 9.30am-5.30pm) www.anxietyuk.org.uk
Depression Alliance	Charity for sufferers of depression. Has a network of self-help groups.	www.depressionalliance.org
Mental Health Foundation	Provides information and support for anyone with mental health problems or learning disabilities.	www.mentalhealth.org.uk
No Panic	Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.	Phone: 0300 772 9844 (daily, 10am-10pm) www.nopanic.org.uk
OCD Action	Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.	Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm) www.ocdaction.org.uk

Rethink Mental Illness	Support and advice for people living with mental illness.	Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm) www.rethink.org
SANE	Emotional support, information and guidance for people affected by mental illness, their families and carers.	SANEline: 0300 304 7000 (daily, 4.30-10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: http://www.sane.org.uk/textcare Peer support forum: www.sane.org.uk/supportforum www.sane.org.uk/support