



# KINGSWOOD SECONDARY ACADEMY

## **Mental Health Resource List for Parents**

Lots of people are struggling with their mental health and wellbeing, and we know that it can be overwhelming to find help. This can be especially difficult for parents, particularly because they often prioritise their children's needs above their own, inadvertently overlooking their own self-care.

We also know that it is really important to get help, and the sooner the better. There are lots of options, and we have listed some of them here.

**It is important to note that in an emergency, you should contact 999 or attend Accident and Emergency.**

### **If you would like to call someone:**

- **Calm:** 0800 58 58 58

Calm is a mental health charity which stands for the Campaign Against Living Miserably. Their focus is standing against suicide, hopelessness, and stereotypes, and they aim to show that life is always worth living.

They offer support to everyone and anyone who is struggling in the UK. They are available from 5pm to midnight, all year round. All support is free, confidential, and anonymous.

- **Samaritans:** 116 123

Samaritans is a mental health charity that wants to reduce the number of people committing suicide. They are available to contact 24/7 for anyone who is struggling. All support is free, confidential, and anonymous.

- **Reach Out For Mental Health:** 07308 069 609

Reach Out is a mental health charity that aims to help anyone who is feeling suicidal or is struggling. They provide a free, anonymous, and confidential space for you to talk to someone about anything that is troubling you. You can call between 11AM and 7PM every weekday.

- **Supportline:** 01708 765200

SupportLine is a mental health charity, particularly aimed at those who are isolated, at risk, vulnerable, and victims of any forms of abuse. They offer confidential emotional telephone support in the UK for any problems you may be facing 24/7. All support is free, confidential, and anonymous.

- Young Minds: 0808 802 5544.

Young Minds is a charity aimed at helping young people and their parents/carers/families with understanding their mental health. They offer a parents helpline with tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. This helpline is available from 9:30AM- 4PM every weekday. All their support is free, anonymous and confidential.

- NHS: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

The National Health Service offers free, confidential and anonymous mental health support for everyone. You can call the NHS urgent mental health helpline for 24/7 advice and support. The website will direct you to the right helpline for you.

### **If you would like to talk to someone online:**

- **Calm:** <https://www.thecalmzone.net/get-support#open-calmbot>.

Calm is a mental health charity which stands for the Campaign Against Living Miserably. Their focus is standing against suicide, hopelessness, and stereotypes, and they aim to show that life is always worth living.

They offer support to everyone and anyone who is struggling in the UK. They are available from 5pm to midnight, all year round. All support is free, confidential, and anonymous.

- **Shout:** Text 'SHOUT' to 85258.

Shout is a free mental health support service for everyone struggling with their mental health in the UK. Their service is free, confidential, and anonymous. They are available 24/7.

- **Samaritans:** Email 'jo@samaritans.org'.

Samaritans is a mental health charity that wants to reduce the number of people committing suicide. They are available to contact 24/7 for anyone who is struggling. All support is free, confidential, and anonymous.

- **Kooth:** <https://www.kooth.com/>

Kooth is an online mental health service for everyone in the UK. It offers anonymous, free and confidential support for any problems you may be facing. You can contact them on live chat or message, if you don't feel like chatting right now. They are available 24/7.

- Young Minds: 0808 802 5544.

Young Minds is a charity aimed at helping young people and their parents/carers/families with understanding their mental health. They offer an online chat service with a trained adviser who can direct you to resources and services that might be able to help you. This helpline is available from 9:30AM- 4PM every weekday. You can also leave a message, if they are closed, and they will respond to you by email in 3-5 working days. All their support is free, anonymous, and confidential.

### **If you would like to talk to someone in person:**

- **NHS:** <https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>.

The National Health Service offers mental health support for everyone. You can talk to your GP about getting help, or you can access services like the community mental health team (CMHT). You can find more information about NHS mental health services on the NHS website.

- **Samaritans:** <https://www.samaritans.org/branches/>

Samaritans is a mental health charity, which offers private, face-to-face in-person services in some areas. The website will direct you to your most local branch.

- **Rethink Mental Illness:** <https://www.rethink.org/>

Rethink Mental Illness is an organisation that provides support to individuals affected by mental illness. They also provide a range of community support services for people affected by mental illness to provide personalised help to rebuild confidence and take part in social activities. The website will direct you to your local community support services.

- **Charlie Waller Trust:** <https://www.charliewaller.org/what-we-offer/parents-and-carers>

Charlie Waller Trust is a mental health charity which aims to improve young people's mental health. They also help provide support for parents whose child is suffering. They offer training and support to parents, carers and families of children with mental health difficulties. This programme is run by parents and is delivered both face-to-face and online.

### **If you would like some mental health resources:**

- **Anna Freud Centre:** <https://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/>.

The Anna Freud Centre is a world-leading mental health charity for children and families. The self-care section of the website has a variety of articles about activities or strategies parents and carers have identified as helpful for their mental health. This includes relaxation techniques, strategies to organise your day, etc. They also have specific resources for parents and carers with children with specific mental health diagnoses, including depression, anxiety, and self-harming: <https://www.annafreud.org/resources/family-wellbeing/supporting-treatments/>

- **Charlie Waller Trust:** <https://www.charliewaller.org/resource-library>

Charlie Waller Trust is a mental health charity which aims to improve young people's mental health. They also help provide support for parents whose child is suffering. Their website provides resources for parents and carers on a range of topics relating to the mental health of children and young people.

- Young Minds: <https://www.youngminds.org.uk/parent/>

Young Minds is a charity aimed at helping young people and their parents/carers/families with understanding their mental health. They offer lots of practical advice to help you support a young person who is struggling with their mental health.

### **Mental Health Resource List for Adolescents**

If your child/ children are struggling or you are worried about their mental health, there are resources listed below which you can provide them as well as the previous resources targeted at everyone. Sometimes children may not feel comfortable talking to their parents about all their worries and these helplines and resources can provide some added support.

- **Childline:** 0800 1111 and <https://www.childline.org.uk/>

Childline is a free, anonymous, and confidential helpline for children and young people in the UK. They offer a 24/7 helpline and also allow individuals to chat with a counsellor online or through an email on their website. They also provide many mental health resources on their website.

- Young Minds: <https://www.youngminds.org.uk/>

Young Minds is a charity aimed at helping young people with understanding their mental health. Their website has lots of useful information.

- **Teen Mental Health:** <http://teenmentalhealth.org/>

Teen Mental Health is a site that is geared specifically towards teenagers that provides learning tools on a variety of mental illnesses, videos, and resources for friends.

- **Anna Freud Centre:** <https://www.annafreud.org/on-my-mind/self-care/>

The Anna Freud Centre is a world-leading mental health charity for children and families. The self-care section of the website has a variety of articles about activities or strategies young people have identified as helpful for their mental health. This includes relaxation techniques and more.

- **Charlie Waller Trust:** <https://www.charliewaller.org/resource-library>

Charlie Waller Trust is a mental health charity which aims to improve young people's mental health. Their website provides resources for young people on a range of topics relating to the mental health of children and young people.