

## MENTAL HEALTH SIGNPOSTING

<p>Samaritans</p> 	<p>Call 116 123</p>	<p>(24/7 free helpline).</p>
<p>Papyrus (HOPELINE247)</p> 	<p>Call 0800 068 4141 or text 88247.</p>	<p><a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p>
<p>SHOUT</p> 	<p>Text 'SHOUT' to 85258 for confidential text support.</p>	<p><a href="https://giveusashout.org/">https://giveusashout.org/</a></p>
<p>Childline</p> 	<p>0800 1111</p> <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>	<p>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 excellent mental health resources on their website.</p>
<p>Teen Mental Health</p> 	<p><a href="http://teenmentalhealth.org/">http://teenmentalhealth.org/</a></p>	<p>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.</p>
<p>Anna Freud Centre</p> 	<p><a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a></p>	<p>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.</p>
 <p>Campaign Against Living Miserably</p>	<p><a href="https://www.thecalmzone.net">https://www.thecalmzone.net</a></p> <p>0800 585858</p>	<p>A suicide prevention helpline for anyone affected by suicide or suicidal thoughts</p>
	<p><a href="https://www.nhs.uk/mental-health/children-and-young-adults">Mental health for children, teenagers and young adults - NHS</a></p> <p><a href="https://www.nhs.uk/mental-health/children-and-young-adults/">https://www.nhs.uk/mental-health/children-and-young-adults/</a></p>	<p>Find advice and support about mental health for children, teenagers, students and parents.</p>

## MENTAL HEALTH SIGNPOSTING

 Young Minds	<a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>	YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.
Youth Works 	01536 518339  <a href="https://www.youthworksnorthamptonshire.org.uk">https://www.youthworksnorthamptonshire.org.uk</a>	
Kellys Heroes  	<a href="https://kellysheroes.org.uk/">https://kellysheroes.org.uk/</a>  Tel: :08000025400	Therapeutic support available free of charge to anyone affected by suicide (no age restriction). Unlimited support face to face or online.