

The following services are available to you should you need help, support or advice whilst school is closed:

Remember, if you need immediate help, please call emergency services on 999 or The Samaritans on 116 123.

- **The Samaritans** - Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. 0330 094 5717
- **The Matthew Project** - The Matthew Project is a charity which supports children and adults across Norfolk, Suffolk and Essex with drug and alcohol recovery and wellbeing. 01603 626123
- **Chat Health** - ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support. They also support young people who are being bullied. 07480 635060
- **Emotional and Resilience Practitioners** – offer one-to-one support for 0-19 year olds. Support can be accessed via Just One number – 0300 300 0123
- **CAMHS** – Child and Adolescent Mental Health services. You can self-refer to CAMHS if you are aged 16 and over. Parents and professionals can also make a referral for you. Everything can be accessed via their mental health hub online <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- **Charlie Waller Memorial Trust** – dedicated to improving young people's mental health. Their website is full of helpful resources - <https://www.cwmt.org.uk/resources>
- **Kidscape** – Kidscape provide children, families and professionals with advice and information to keep children safe from bullies and bullying. www.kidscape.org.uk
- **Papyrus** - prevention of young suicide. If you need help, call 0800 068 4141
- **Mind Elefriends** – online chat for those who need to talk but don't want to do it face to face. <https://www.mind.org.uk/information-support/support-community-elefriends/>
- **Point 1** – specialist mental health support for children and young people help@point-1.org.uk - telephone number 0800 977 4077
- **Young Minds** – A website specialising in ways to help young people have better mental health. The YoungMinds resources library is full of useful

toolkits, publications, reports and policy information about children and young people's mental health. www.youngminds.org.uk

- **MAP** - Mancroft Advice Project (for 11-25 year olds) Contact MAP if you need advice, support or information on anything at all that affects your wellbeing and/or development. 01603 766994
- **MIND** – A mental health charity supporting children and young people to work through difficulties. www.mind.org.uk Call its Infoline on 0300 123 3393, email info@mind.org.uk or text 86463.
- **Support Line** - <http://www.supportline.org.uk/> or info@supportline.org.uk
Offer confidential emotional support to children, young adults and adults by telephone, email and post. They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. They also keep details of counsellors, agencies and support groups throughout the UK.
- **Together for mental wellbeing** – Together is a national mental health charity working alongside people with mental health issues on their journey towards independent and fulfilling lives. 485095 – Norfolk-support@together-uk.org
- **Anxiety UK** – For anyone suffering with any type of anxiety disorder. Anxiety UK can provide support and help if you've been diagnosed with, or suspect you may have an anxiety condition. They can also help you deal with specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking, heights – in fact, any fear that's stopped you from getting on with your life. Infoline: 03444 775 774 Text Service: 07537 416 905
www.anxiety.org.uk
- **Campaign Against Living Miserably (CALM)** – dedicated to male suicide prevention. CALM run a free confidential helpline– 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. Call on 0800 58 58 58
- **Rethink** – Rethink aim to improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning. Their goal is to make sure everyone affected by severe mental illness has a good quality of life. www.rethink.org
- **Harmless** – help and services for people who self-harm or are tempted to self-harm. They also support with suicide prevention. www.harmless.org.uk
- **Stay Alive app** - Stay Alive is a suicide prevention app which offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user. Key

features include: Quick access to national crisis support helplines. It can be downloaded from the App Store or Play Store

- **Childline** – Offer a very wide range of services, support and resources to help young people manage their mental health. 0800 1111 www.childline.org.uk
- **Self harm UK** - is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. It also has an online course that gives you an opportunity to think more about self-harm and work out what your next step might be.: www.selfharm.co.uk