**RECOMMENDED SERVICES FOR SUPPORT AND INFORMATION**

1. Mind – <https://www.mind.org.uk/information-support/for-children-and-young-people/> Information about mental health
2. YoungMinds – <https://www.youngminds.org.uk/> Information about mental health; additional resources such as advice on how to look after your mental health
3. Shout – <https://www.giveusashout.org/> 24/7 help from ‘Crisis Volunteers’
4. Calm – <https://www.thecalmzone.net/> Helpline and webchat available 5PM – MIDNIGHT
5. Students Against Depression – <https://www.studentsagainstdepression.org/> Information and support
6. The Mix – <https://www.themix.org.uk/> support for under 25s

**If you need to speak to someone right now, please contact one of the following services:**

1. ChildLine – <https://www.childline.org.uk/> Helpline 0800 11 11 currently available 9AM-MIDNIGHT
2. Samaritans – <https://www.samaritans.org/> Helpline 116 123 available 24/7

**Additional Online Counselling Services Available in Lewisham:**

1. Kooth – <https://kooth.com/> Free, anonymous online counselling for young people

**General Support with all aspects of Mental Health**

1. Every Mind Matters (Public Health England) – <https://www.nhs.uk/oneyou/every-mind-matters/> information and advice on all aspects of our health. Helpful tool to create a free Mind Plan that is more specific to your needs:

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

1. Mental Health Foundation – <https://www.mentalhealth.org.uk/> information, advice , resources about mental health
2. Anna Freud Centre – <https://www.annafreud.org/> information about mental health for students and families, and specific ideas on how to support young people during the current CODIV 19 disruption: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>