

EXTERNAL SUPPORT SERVICES



Nationwide

- **AFC Crisis Messenger** text service, free, confidential 24/7 service for anyone feeling overwhelmed or struggling to cope. If you need support you can **text AFC to 85258**

- **Childline** - gives children and young people a voice, they are free to contact, confidential open 24/7

Call for free on 08001111

Using 1-2-1 Counsellor Chats (on the childline website)

Message board - say how you feel/ask a question - get support from other young people in similar situations

Sending an email - a reply will be sent within 24 hours

- **Samaritans - call 116123** at any time of the day or night, it is a confidential emotional support service for anyone in the UK or Ireland, it is available 24/7 for people experiencing feelings of distress or despair. You can also visit their website <https://www.samaritans.org/>

- **Shout - text SHOUT to 85258** - free, confidential, 24/7 texting service if you are feeling overwhelmed and are struggling to cope, please go to the following website for more information on how the service works - <https://giveusashout.org/get-help/how-shout-works/>

- **SANeline - call 0300 3047000** - a national out of hours mental health helpline to anyone affected by mental illness inc. family, friends and carers. Open between 4pm and 10pm. SANeline also have a callback service so you can leave a message and someone will get back to you, just leave your

first name and phone number: **call 0300 1247900** - please note that this is NOT a crisis number - you will receive a call back in a few days

- **SOS Silence of Suicide - 0808 1151505** - call between 8pm and midnight on week nights and between 4pm and midnight at the weekend - offering support for those with a variety of concerns, give them a call and they will be able to support you
- **The Mix** - charity that provides free, confidential support for under 25's - follow the link to find out more information on their website <https://www.themix.org.uk/>, you will also find links here to their counselling service
- **PAPYRUS - Hopeline 24/7 - call 0800 0684141, text 88247 or email pat@papyrus-uk.org** - Papyrus is a charity dedicated to the prevention of suicide and promote positive mental health and emotional wellbeing in young people. Find more information on the website <https://www.papyrus-uk.org/>
- **Campaign Against Living Miserably (CALM) - call 0800 585858** between 5pm and midnight every day, there is also a live chat and a helpline through Whatsapp available at the same times. A movement against suicide. Please follow the website and you will find guides to different issues that you may be experiencing now and find out where you can get help <https://www.thecalmzone.net/guide-list>
- **No Panic - <https://nopanic.org.uk/> or call the helpline on 0300 7729844 between 10am and 10pm** - a charity helping/supporting people who experience panic attacks, phobias, OCD and other anxiety related disorders
- **Stay Alive App** - an app full of information and tools to help you or someone you know stay safe in crisis. Follow this link to access the website and how to download the app - <https://www.stayalive.app/>

- **Hub of Hope** - a directory of support services for Mental Health support for across the UK, you can find what services are available to you in your area, please follow the link to the website where you can use the service or you can download the app <https://hubofhope.co.uk/>
- **Mind** - <https://www.mind.org.uk/> - a mental health charity offering information, advice and services to support all people struggling with their mental health
- **Alumina** - offers free online self-harm support for young people between 10 & 17 year olds. 60 minute sessions that take place once a week for 7 weeks, your support group will be made up of up to 14 young people and 2 leaders where you talk about and reflect on your journey and how you can move forwards, find more information and sign up at <https://www.selfharm.co.uk/>
- **Lifesigns** - <https://www.lifesigns.org.uk/> - user led charity that aims to guide people who harm themselves towards new ways of coping, there are many resources and strategies to minimise harm
- **Action for Happiness** - <https://actionforhappiness.org/> - A team of people committed to building a happier and more caring society. On the website you will find resources and evidence-based ideas for actions you can take to feel happier and reduce and prevent mental ill health
- **Young Minds** - <https://www.youngminds.org.uk/young-person/> - one of the UK's leading charities committed to improving the emotional wellbeing and mental health of children and young people, here you will find lots of information which could help
- **Kooth** - <https://www.kooth.com/> - Kooth provides free online support for young people delivered by qualified counsellors via chat based services

- **Mental Health Foundation** - <https://www.mentalhealth.org.uk/> - a UK charity, whose mission is "to help people to thrive through understanding, protecting, and sustaining their mental health"
- **Rethink Mental Illness** - <https://www.rethink.org/> - a charity that works to help everyone affected by severe mental illness to recover and have a better quality of life
- **Students Against Depression** - <https://www.studentsagainstd Depression.org/> - provides a calm environment with the resources to help find a way forward, the website offers advice, information and guidance for those affected by low mood, depression and suicidal thoughts
- **Anxiety UK** - <https://www.anxietyuk.org.uk/> - a charity for those affected by anxiety disorders, on the website you will find ways to access support for your anxiety, self help resources and information
- **Beat Eating Disorders - Helpline - 0808 8010677 between 3pm and 8pm, Mon - Fri** - <https://www.beateatingdisorders.org.uk/> - charity supporting those affected by eating disorders and campaigning on their behalf, lots of information on the website on how to help yourself and how to help others
- **Winston's Wish - Helpline - 0808 8020021 between 8am and 8pm, Monday - Friday**
<https://www.winstonswish.org/supporting-you/support-for-schools/> - a bereavement charity supporting grieving children and families. Provide emotional and practical bereavement support to children and young people (up to 25) and those who care for them

Local

- **Safe Space** - you can **call 01724 279500 between 4pm and 12 midnight 7 days a week**. Staff are trained to support people managing their thoughts of self harm, distress, low mood and help prevent crisis. If you don't get through straight away you can leave your name and number and someone will call you back.

Safe Space is run by the charity **Mind** - Mind also have other services they provide which you can find out more information at:

<https://www.nlmind.org/>

- **RDaSH Mental Health Support Crisis Team - Adults (18+) call 0800 015 0211, Children's & Young People (up to 18) call 03000 218996** - you will speak to someone who will help and support you through your time of crisis
- **NHS North Lincs Talking Therapies (IAPT)** - Adult mental health service for those aged 18+ - the team is made up of different professionals that offer a range of different talking therapies to support managing mental health and improve wellbeing. You can self-refer to the service either via the online referral form, please follow the link **<https://talkingtherapies.rdash.nhs.uk/about-nhs-north-lincs-talking-the-rapies/self-referral-form/>** or you can call **03000 216 165**. Please find more information about the service here: **<https://talkingtherapies.rdash.nhs.uk/about-nhs-north-lincs-talking-the-rapies/>**
- **North Lincolnshire Delta Substance Misuse Service - call 01724 298528** - outreach service for young people up to age 19 affected by their own drug or alcohol use or the drug or alcohol use of their parents.
- **With You** in North Lincolnshire - call **01724 857633** or take a look on the website **<https://www.wearewithyou.org.uk/services/north-lincolnshire/>** where you will find information on how to contact someone to discuss drug and alcohol use and how you can cut down or they can help you if you have concerns about someone else's drug or alcohol use

- **The Blue Door** - call the helpline on **0800 1974787**, the office on **01724 841947** or email **info@thebluedoor.org**. The Blue Door provides support to anyone that has experienced domestic abuse and/or sexual violence.
- **Jen's Special Place** - **<https://www.jensspecialplace.co.uk/referral>** - a child bereavement support group, helping children to be able to express and explore feelings in a safe environment, you can use the link provided to self refer to the service