

## Helpful resources

### **Counselling for children and young people**

The GP or the young person's school will be able to give you details of local counselling services for young people. Counselling may be available in schools, youth clubs and advice centres for young people. The GP may also refer the young person to the local Child and Adolescent Mental Health Service (CAMHS), although not all CAMHS offer counselling services.

Face to face, online and telephone counselling and advice for young people. Most of the services below are free for young people.

### **Youth Access**

[youthaccess.org.uk/find-your-local-service](http://youthaccess.org.uk/find-your-local-service)  
Info, advice and counselling services for young people aged 12-25. You can search online for a local service.

### **Kooth.com**

[www.kooth.com](http://www.kooth.com)  
Free online counselling for young people, currently only available to young people in certain parts of England and Wales.

### **The Future You**

[www.thefutureyou.org.uk/who-can-i-talk-to](http://www.thefutureyou.org.uk/who-can-i-talk-to)  
Advice including counselling and mentoring for 14 to 25-year-olds.

### **Relate**

[www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling](http://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling)  
Children and young people's counselling. Some Relate services may charge, this varies locally, so it's worth checking first.

### **Get Connected**

[www.getconnected.org.uk](http://www.getconnected.org.uk)  
Help for under 25s.

### **ChildLine**

[www.childline.org.uk/Pages/Home.aspx](http://www.childline.org.uk/Pages/Home.aspx)  
Children can contact ChildLine about anything, big or small.

### **CyberMentors**

[www.beatbullying.org](http://www.beatbullying.org)  
Young people who are being bullied, or feeling a bit low, can get online support from other young people.

### **MindFull**

[www.mindfull.org](http://www.mindfull.org)  
MindFull is a new service for 11 to 17 year olds, providing support, information and advice about mental health and emotional wellbeing

### **The Site**

[www.thesite.org/about-us](http://www.thesite.org/about-us)  
Emotional support for young people.

### **Sex and relationships advice by text**

[www.txtm8.com](http://www.txtm8.com)  
For young people living in the London boroughs of Enfield, Hammersmith & Fulham, Kensington & Chelsea, and Havering.

### **Sex and relationships programme for young women**

[www.livingwellcic.com/what-we-do/youth-services/cluedup](http://www.livingwellcic.com/what-we-do/youth-services/cluedup)  
In the London boroughs of Lambeth, Southwark and Wandsworth. Includes workshops and tailored support aimed at increasing confidence, as well as sex and relationships advice.

### **Other organisations that can help:**

**Association of Child Psychotherapists:** Info on NHS services and how to find a private therapist  
[www.childpsychotherapy.org.uk/about/young-people-parents-and-families](http://www.childpsychotherapy.org.uk/about/young-people-parents-and-families)

**British Association for Counselling and Psychotherapy:** Largest professional body of counsellors and psychotherapists. Website includes info on finding the right therapist, including NHS and private.  
[www.itsgoodtotalk.org.uk/what-is-therapy/finding-the-right-therapist](http://www.itsgoodtotalk.org.uk/what-is-therapy/finding-the-right-therapist)

**British Psychological Society:** Info on how psychologists can help with mental health problems, and how to find a psychologist.  
[www.bps.org.uk](http://www.bps.org.uk)

**British Association of Psychotherapists:** Offers parents concerned about their child free advice over the phone about finding the most suitable treatment.  
[www.bap-psychotherapy.org](http://www.bap-psychotherapy.org)

**UK Council for Psychotherapy:** Holds the national register of psychotherapists and can give details of local counsellors and psychotherapists.  
[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

### **Increased Access to Psychological Therapy (IAPT) programme.**

IAPT services should be available in every area and are focussed on providing access to CBT for mild to moderate mental health problems. The service can be provided by the NHS or a non-NHS body in partnership with the local Trust. IAPT services will usually be available through your GP but in some areas you can self refer.  
[www.cypiapt.org/children-and-young-peoples-project](http://www.cypiapt.org/children-and-young-peoples-project)

**Anxiety UK**

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

UK charity providing information and support for people and families affected by anxiety disorders. Helpline: 08444 775 774 (Monday to Friday from 9.30am to 5.30pm)

**Beat (Beating Eating Disorders)**

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Helpline and online info and support for people affected by eating disorders. Helpline: 0845 634 1414 Youthline: 0845 634 7650

**The British Psychological Society (BPS)**

[www.bps.org.uk](http://www.bps.org.uk)

Provides info on awareness and influence of psychology, education and training. Information on registered psychologists.

**British Red Cross**

[www.redcross.org.uk](http://www.redcross.org.uk)

**The Compassionate Friends**

[www.tcf.org.uk](http://www.tcf.org.uk)

National self-help network offering support and care for bereaved families who experienced the loss of a child.

UK Helpline: 0845 123 2304 (Monday to Friday from 10am – 4pm and 7pm – 10pm)

**Cruse Bereavement Care**

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

Promoting wellbeing for bereaved people and families in the UK. General information and local support.

National helpline: 0844 477 9400 (Monday to Friday 9.30am to 5pm and until 7pm on Mondays and Wednesdays)

**Depression Alliance**

[www.depressionalliance.org](http://www.depressionalliance.org)

Information on depression, supporting people and carers, and resources.

**Department of Health**

[www.dh.gov.uk](http://www.dh.gov.uk)

Information on policy documents and research on health and social care in England.

**Drinkline**

[www.patient.co.uk/support/drinkline](http://www.patient.co.uk/support/drinkline)

National alcohol helpline providing health information and self-help materials to people who are drinking, family and friends. 0800 917 8282

**Mental Health Foundation**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Information on mental health and learning disabilities, research and service development.

**Harmless**

[www.harmless.org.uk](http://www.harmless.org.uk)

Service user led organisation providing information, training and consultancy around self-harm.

**FRANK**

[www.talktofrank.com](http://www.talktofrank.com)

National drug awareness campaign. Info on substances, treatment, support and the law. Free information on drugs 24 hours a day: 0800 77 66 00

**Grassroots Suicide Prevention**

[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

Supporting communities to prevent suicide. Training programmes, including ASIST, which teach suicide alertness and intervention skills to community members and professionals.

**Hearing Voices Network**

[www.hearing-voices.org](http://www.hearing-voices.org)

Raising awareness of hearing voices, offering info and support on self-help groups in England and Scotland.

Information line: 0114 271 8210

Email: [hvn@hotmail.co.uk](mailto:hvn@hotmail.co.uk)

**IRIS Early Intervention in Psychosis**

[www.iris-initiative.org.uk](http://www.iris-initiative.org.uk)

Network promoting early intervention in psychosis, information and support.

**London Lesbian and Gay Switchboard**

[www.llgs.org.uk](http://www.llgs.org.uk)

National service for lesbians, gays and anyone needing support regarding their sexuality. Info, advice, listening and referral.

**Bipolar UK**

[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

National charity dedicated to supporting individuals with bipolar disorder. Information, self-help and advocacy.

**Men Get Eating Disorders Too**

<http://mengetedstoo.co.uk>

An award-winning national charity, raising awareness of eating disorders in men (and boys) so men (and boys) can seek support.

**Muslim Youth Helpline**

[www.myh.org.uk](http://www.myh.org.uk)

Offers support to young Muslims in distress. Email support, helpline and online internet counselling.

Freephone: 0808 808 2008