

Anxiety UK

### Anxiety UK

03444 775 774 (helpline)

07537 416 905 (text)

[anxietyuk.org.uk](https://anxietyuk.org.uk)

Advice and support for people living with anxiety.

Believe in children  
Barnardo's

### Barnardo's 'See, Hear, Respond' service

<https://www.barnardos.org.uk/see-hear-respond> See, Hear, Respond is a service provided across England by Barnardo's and other national and local community-based organisations in response to the coronavirus (COVID-19) outbreak.



### Beat

0808 801 0711 (youth line)

0808 801 0811 (student line)

[beateatingdisorders.co.uk](https://beateatingdisorders.co.uk)

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

CAMHS  
Child and Adolescent  
Mental Health Service

### CAMHS (Child and Adolescent Mental Health Service) 111

<https://www.oxfordhealth.nhs.uk/camhs/wellbeing/> Information, resources and support for children and young people's mental health and emotional wellbeing.

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY

### Campaign Against Living Miserably (CALM)

0800 58 58 58 (UK helpline)

0808 802 58 58 (London helpline)

[thecalmzone.net](https://thecalmzone.net)

Provides listening services, information and support for men at risk of suicide, including a web chat.

childline  
ONLINE, ON THE PHONE, ANYTIME

### Childline

0800 1111

[childline.org.uk](https://childline.org.uk)

Support for children and young people in the UK, including a free 24-hour helpline.

hope again  
young people  
living after loss

### Hope Again

0808 808 1677

[hopeagain.org.uk](https://hopeagain.org.uk)

Support for young people when someone dies.

Hub of Hope

Service provided by Chasing the Stigma

### Hub of Hope

[hubofhope.co.uk](https://hubofhope.co.uk)

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.



### Kooth

[kooth.com](http://kooth.com)

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.



### Mind

0300 123 3393 [Mind](http://Mind) Provide advice and support to empower anyone experiencing a mental health issue. They campaign to improve services, raise awareness and promote understanding.



### National Society for the Prevention of Cruelty to Children (NSPCC)

0800 800 5000

0800 1111 (18 or under)

[nspcc.org.uk](http://nspcc.org.uk)

Support for children and anyone worried about a child.



### National Health Service

Here to help you.

[www.nhs.co.uk](http://www.nhs.co.uk)

**HEALTH FOR TEENS**

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Text your school nurse:

 **07312 263295**



### No Panic

0330 606 1174

[nopanic.org.uk](http://nopanic.org.uk)

Charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).



**Number 22** 01628 636661

<https://number22.org> Free and confidential counselling to adults and young people in Windsor, Maidenhead and Slough, supporting those in distress.



### OCD Youth

[ocdyouth.org](http://ocdyouth.org)

Youth Support for young people with obsessive-compulsive disorder (OCD)



**Anna Freud**  
building the mental wellbeing of the next generation

### On My Mind

[annafreud.org/on-my-mind](http://annafreud.org/on-my-mind)

Information for young people to make informed choices about their mental health and wellbeing.



### Oxfordshire & Buckinghamshire Mental Health Helpline

Telephone: 111

<https://www.oxfordhealth.nhs.uk>

A 24/7 mental health and emotional wellbeing helpline has been launched to provide children, young people and adults with mental health advice.



### Papyrus HOPELINEUK

0800 068 41 41

07786 209697 (text)

[papyrus-uk.org](http://papyrus-uk.org)

Confidential support for under-35s at risk of suicide and others who are concerned about them.



For women and children.  
Against domestic violence.

### Refuge

0808 200 0247

[refuge.org.uk](http://refuge.org.uk)

Help and support for young people affected by domestic violence.



### Rethink Mental Illness

0300 5000 927

[rethink.org](http://rethink.org)

Provides support and information for anyone affected by mental health problems, including local support groups.



### Samaritans

116 123

(freephone)

[samaritans.org](http://samaritans.org)

Open 24/7 for anyone who needs to talk.



### Self-Harm

[Selfharm.co.uk](http://Selfharm.co.uk) - Alumina offer support to young people who may be experiencing difficulties with self-harm.



### The Mix

0808 808 4994 or 85258

(crisis messenger service, text THEMIX) [themix.org.uk](http://themix.org.uk)

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.



### Time to Change

[time-to-change.org.uk](http://time-to-change.org.uk)

(England)

[timetochangewales.org.uk](http://timetochangewales.org.uk)

(Wales)

National campaign to end stigma and discrimination against people with mental health problems in England and Wales.

**CarersBucks**  
Dedicated to supporting carers

**Young Carers**

Supporting young carers  
and their families.  
[carersbucks.org](http://carersbucks.org)



**Young Minds**

0808 802 5544 (parents helpline)  
85258 (crisis messenger service, text YM)  
[youngminds.org.uk](http://youngminds.org.uk)

Committed to improving the mental health  
of babies, children and young people,  
including support for parents and carers.

**Stonewall Young Futures**

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0800 050 2020  
[Stonewall.org.uk](http://Stonewall.org.uk) Information  
and support for all those  
identifying as LGBTQ+.

**YOUTH ACCESS**

**Youth Access**

[youthaccess.org.uk](http://youthaccess.org.uk)  
Advice and  
counselling network  
for young people,  
including details of  
free local services.



**Youth Enquiry Service**

01494 437373  
<https://www.yeswycombe.org>  
Free and confidential  
support, information and  
counselling to young people  
(aged 13 - 25) in the High  
Wycombe Area.

**As always, if you are worried about the immediate safety  
or wellbeing of yourself or someone else, please contact  
the police on 101 or 999**

**If you are currently being seen by a healthcare  
professional, please continue to work with them and  
follow their advice.**