

Support and resources

Please find below a list of useful online/phone support and resources for both parents & students. Parents and students have found these resources helpful when they are suffering or supporting a young person with mental health issues, low mood, self-harm or suicidal thoughts, or even for parents who are struggling themselves.

- **MIND** open Monday to Friday 9 – 6pm. 0300 123 3390. Also offer lots of online resources, and you can find out where your local office is where you can access 1:1 support, groups, drop-ins and general support and information.
- **Samaritans** offers a listening service 24 hours a day on 116 123 and is free to use.
- **The Mix** is a free support service for people under 25. 0808 808 48994 or help@themix.org.uk – text: THEMIX to 85258
- **Rethink Mental Illness** offers practical help through its advice line Monday to Friday 10 – 4pm 0300 5000 927. www.rethink.org.
- **Young Minds** www.youngminds.org.uk - for parents and young people. Lots of online resources, helpline and general information.
- **MoodGYM** – www.moodgym.com.au – online self-help for depression and anxiety.
- **Happy Maps** – www.happymaps.co.uk Find advice and support for parents and young people/children on anxiety, self-harm, depression, eating disorders, ADHD, ASD etc
- www.thepositivepage.org - online support for young people suffering with emotional distress
- **Your Space – West Sussex County Council.** <https://www.westsussex.gov.uk/education-children-and-families/your-space> - help and advice for young people on absolutely everything.
- **Find it Out** – Local centres for young people from 13 – 25 years. Search for your local centre and check when they are open. They can help with counselling/emotional support, homelessness, CV and job hunting, sexual health, family and relationships and much more.
- **NSPCC** – nspcc.org.uk – lots of support for parents and children about lots of issues including stress and coping.
- **Childline** – childline.org.uk. For young people to chat with an online counsellor about any worries.
- **#stayalive** – an app for those at risk or for people worried about someone who may be suicidal.
- **Calm Harm** – an app that provides tasks that can help you resist or manage the urge to self-harm.

- **SAM anxiety management** – an app to support young people to understand and cope with anxiety
- **Mindshift** – an app with anxiety coping tools.
- **Smiling Mind** – an app designed to assist people in dealing with the pressure, stress and challenges of daily life.
- **Sleepio** – an app for those with sleeping difficulties
- **Multi Agency Safeguarding Hub (MASH)** – 01293 442299, Out of hours – 0330 222 6664 / 07711 769657. If you have a child protection issue or you would like to report a concern please contact the MASH.

Please remember if they are worried that you may be at immediate risk of harm, you will need to take go to A&E or call an ambulance.