

As part of our ongoing support for students' emotional wellbeing we would like to offer some links to external providers and websites for resources that you may like to utilise. This support links with our whole school Mental Health and Well Being strategy. We have tried to categorise these into different areas, although there is some crossover.

1. National directories for private counselling and psychotherapy for adults and young people
2. Counselling and advice
3. Chat support for students
4. Self-Harm and suicide support
5. Physical (e.g. sleep/eating) and Sexual health support
6. Substance Misuse support
7. Gender identity support
8. Bereavement support
9. Online safety
10. Mental health and wellbeing support
11. Additional support for parents/carers not already listed

Organisation name	Website	Support offered
National directories for private counselling and psychotherapy for adults and young people		
United Kingdom Council of Psychotherapists	Home UKCP Find a therapist (psychotherapy.org.uk)	
British Association for Counselling and Psychotherapy	https://www.bacp.co.uk/search/Therapists	
Counselling Directory	Counselling Directory - Find a Counsellor Near You (counselling-directory.org.uk)	
Counselling and advice		
Base 51	www.base51.org/	Charity that support for 11-25 year olds in Nottingham's Offering: Counselling, group work and 1-2-1 support.
Kooth	https://www.kooth.com/	Information and support for mental health and wellbeing. Online counselling available.
Phenomenal Futures for possible inclusion	About Us - Phenomenal Futures	A community interest company (CIC) based in Nottingham, England

		providing specialist services for people affected by domestic abuse and trauma.
Organisations that that offer chat support for students		
Shout	Shout - UK's 24/7 Crisis Text Service for Mental Health Support Shout 85258 (giveusashout.org) Free text service: 85258 - available 24/7 Text NOTTS to 85258	Free, confidential, anonymous text support service. You can text from anywhere in the UK. If students are struggling to cope and need to talk. Trained Shout Volunteers are available night and day.
The Mix	http://www.themix.org.uk/	Essential support for under 25's.
Nottinghamshire Crisis Line	Telephone: 0808 196 3779	The crisis line number is available to anyone of all ages in mental health crisis. Available 24 hours a day, seven days a week.
Childline	Childline Childline 0800 1111	Charity run organisation which offers information & support for children's wellbeing
Self-Harm and suicide support		
Harmless	https://harmless.org.uk/	Offer online support for young people and families experiencing self-harm concerns.
Calm Harm	https://calmharm.co.uk/#row1	Online App which provides tasks to help resist or manage the urge to self-harm.

PAPYRUS	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)	The national charity dedicated to the prevention of young suicide providing information & resources for young people, parents and carers.
Self-Harm UK	Alumina Selfharm	Free online self-harm support for 14-19's Offers a free, online 7-week course for young people struggling with self-harm.
National Self Harm Network	NSHN -- Downloads	Support and information for individuals who self-harm and their family and carers
Stay Alive	StayAlive - Essential suicide prevention for everyday life	A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
The Tomorrow Project	Call: 0115 880 0282 – we ask that a message if left and a worker will respond within 1 working day Email: crisis@tomorrowproject.org.uk bereavement@tomorrowproject.org.uk The Tomorrow Project - Harmless	Set up to support those affected by suicide with two confidential support pathways: The first is our Crisis pathway, offering support to those in suicidal crisis, having suicidal thoughts or feelings. The second is our Bereavement pathway, offering a safe space for anyone who may have been bereaved or affected by the loss of someone to suicide.
Physical (e.g. sleep/eating) and Sexual health support		
SEXions	SEXions - Sherwood Forest Hospitals Foundation Trust (sfh-tr.nhs.uk)	Confidential sexual health service for young people aged 13-19, and up to 24 for young people with disabilities.
Healthy Families Team (School Nurse)	Healthy Family Teams are part of the Healthy Families Programme Nottinghamshire Healthcare NHS Foundation Trust Telephone: 03001235436	Information, advice and support about health issues for children and young people from 519

ChatHealth	Text 07507 329952 The ChatHealth text service is an easy way for young people to confidentially ask for help about a range of issues. Nottinghamshire Healthcare NHS Foundation Trust	Text service for young people to confidentially ask for help about a range of health issues.
Teen sleep hub	Home - Teen Sleep Hub	Advisory & referral service for people who experience substance misuse and support for parents.
BEAT	Personalised Eating Disorder Support (PEDS) - HelpFinder (beateatingdisorders.org.uk)	Website offering support for young people and their families experiencing an eating disorder.
Be body positive	Be Body Positive - Support for Young People, Parents, Carers & Professionals	An NHS resource aimed at building a positive relationship with food and your body
First Steps	Home - First Steps ED	Helping all ages understand eating disorders
Substance Misuse support		
Change Grow Live	Advice for people under 21 or supporting a young person (changegrowlive.org)	Advisory & referral service for people who experience substance misuse and support for parents.
Frank	Honest information about drugs FRANK (talktofrank.com) 0300 1236600	Honest information about drugs
Young Mind's - drugs and alcohol support	Drugs and Alcohol Support For Young People YoungMinds	Resources about drugs and alcohol for young people
Gender identity support		
Gendered Intelligence	Gendered Intelligence	A Trans-led and trans-involving charity that works to increase understandings of gender diversity

		and improve the lives of trans people
Bereavement support		
Childhood Bereavement Network	http://www.childhoodbereavementnetwork.org.uk/	Guidance and support to enable young people to manage the impact of death on their lives.
Cruse Bereavement Care	Home - Cruse Bereavement Support	Leading charity supporting bereaved people
Winston's Wish	Winston's Wish - giving hope to grieving children (winstonswish.org) Phone: 0808 802 0021	A charity supporting children and young people who experience bereavement.
Online safety (please also refer to the online safety booklet - Online Safety - All Saints' Catholic Voluntary Academy - Mansfield)		
CEOP (Child Exploitation and Online Protection)	CEOP Safety Centre	Reporting tool if you are worried about online sexual abuse or the way someone has been communicating with you online
SWGfL (Safe, secure, online)	Resources for Parents SWGfL	Information, articles and tips about Online Safety & Security
Kidscape	Kidscape	Online safety & Cyberbullying awareness for parents & carers
Parents Protect	Parents Protect	Advice for parents & carers on how to prevent exploitation online
Mental health and Wellbeing support		
Hub of Hope	https://hubofhope.co.uk/	Large database signposting to support of all kinds, including mental health

Young Minds	YoungMinds Mental Health Charity For Children And Young People YoungMinds	Young person friendly mental health guidance and information
Children's Society	The Children's Society UK children's charity (childrenssociety.org.uk)	Information for young people including a mental health A-Z and support ideas
CASY Counselling	https://www.casy.org.uk/	Your Space low-cost counselling and support for young people in Nottinghamshire and Lincolnshire. Offices in Newark and some sessions offered elsewhere
Child and Adolescent Mental Health Services (CAMHS)	Child and Adolescent Mental Health Services (CAMHS) Nottinghamshire Healthcare NHS Foundation Trust	NHS under 18's mental health Team. referral to specialist services and information and support Support resources https://www.camhs-resources.co.uk/
Anna Freud Centre	For families Anna Freud	Information & resources for young people, parents and carers including self-help tools
Be U Notts	Phoneline: 0115 708 0008 - Available Mon-Fri 9am-5pm Be U Support Free Mental Health Service for Children and Young People	Free mental health support for children and young people in Nottinghamshire. Phoneline: 0115 708 0008 - Available Mon-Fri 9am-5pm
MindEd	MindEd Hub	Offers advice, information and support on mental health issues for Parents/Carers
Additional support for parents/carers not already listed		
NSPCC	NSPCC The UK children's charity NSPCC	Support and tips to help you keep children safe

Parentline	Parentline - a confidential texting service for parents and carers Nottinghamshire Healthcare NHS Foundation Trust 07520 619919	Confidential texting service for parents and carers
Action for children	Action For Children Children's charity For safe and happy childhoods	Free advice for parents and carers of children aged 0-19 in the UK
Aptcoo	Home Aptcoo	Parent carer support. Access to: Parent carer training, Family workshops Sensory integration, Independent Special School, Independent living, Employability skills, Adult social care, Preparing for adulthood, Forest School, Short Breaks, After school groups and School holiday clubs.
Health for Teens	Health For Teens Everything you wanted to know about health	Website for information and more signposting in Nottinghamshire including all topics from sleep to drug misuse