

If you Need Help with Child Mental Health

Local Help

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

Call 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

NHS mental health services

Find local mental health services on the NHS website. <http://www.nhs.uk>

Suffolk Emotional Wellbeing Gateway

Parents and carers can find information and advice, and also complete self-referrals to the Suffolk Emotional Wellbeing Hub.

0345 600 2090

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/infolink.page?infolinkchannel=2-1-1>

National Help

Childline Free 24-hour counselling service for children and young people up to their 19th birthday.

0800 1111

<https://www.childline.org.uk>

Mind -Infoline Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help.

0300 123 3393, text number: 86463

<http://www.mind.org.uk>

SANE Provides practical help, emotional support and specialist information for people aged 16 and over with mental health problems, their family, friends and carers.

0300 304 7000

www.sane.org.uk

Supportline Confidential telephone helpline offering emotional support to any individual on any issue.

01708 765200

www.supportline.org.uk

Beat Provides helplines, self-help groups and online support to anyone affected by eating disorders.

Helpline: 0808 801 0677,

Youthline: 0808 801 0711,

Studentline: 0808 801 0811

www.b-eat.co.uk

The Samaritans The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

www.samaritans.org.uk

NSPCC Provides helplines and information on child abuse, child protection and safeguarding children.

0808 800 5000

<https://www.nspcc.org.uk/>

Young Minds Young Minds has a Parent Helpline that offers free confidential telephone and email support to any adult worried about the wellbeing of a child or young person.

0808 802 5544

http://www.youngminds.org.uk/for_parents

Youth Wellbeing Directory

Helps you find support for mental health and wellbeing of young people up to age 25 across the UK.

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

HaveIGotAProblem.com

Free resource about mental health and addiction issues. It has advice and documents on issues including depression, anxiety, self-harm, bipolar, eating disorders and coping.

<http://www.haveigotaproblem.com/>

Helplines partnership

Provides a comprehensive list of mental health helplines in the UK.

<https://helplines.org/helplines/>

Mental Health Foundation This website offers a wide range of information about mental health issues.

<http://www.mentalhealth.org.uk>

Health Talk Online

Aims to provide balanced information about the experience of everyday life with a range of health conditions and issues, what to expect both physically and mentally, overcoming practical difficulties, making decisions about treatment and talking to health professionals.

<http://www.healthtalk.org/>

YouthinMind

YouthinMind is an online resource for information about mental health and offers brief assessments. It also provides links to other useful books, websites and services. <http://youthinmind.info/py/yiminfo/>