

Directory of Support for Mental Health and Emotional Wellbeing

Whole School Approaches:

[Mentally Healthy Schools](#) is a free website for all primary, secondary and FE settings across the UK. It offers school staff and parents & carers, information, advice and practical resources to better understand and promote pupils' mental health and wellbeing.

[Perryfields PRU](#) have developed a toolkit for a range of social and emotional needs that every educational setting can access.

[Very Well Mind](#) is a useful website with an A-Z on mental health

Local and National Support Organisations

The [wellbeing and emotional support teams](#) in schools service is designed to help children and young people ages 5-18 years access mental health and wellbeing support early on in educational settings. It's all about ensuring children and young people can get access to the right help as early as possible.

The [Reach4Wellbeing](#) team supports and promotes the emotional wellbeing of young people and parents of primary school age children through interactive online group programmes, using cognitive behavioural therapy (CBT) principles.

[CAMHS](#) provides mental health and wellbeing support for children and families in Worcestershire.

[WCF Educational Psychology Service](#) can provide a range of individual or whole school support for mental health and emotional wellbeing.

[Act On It from Onside Advocacy](#) provides wellbeing support for educational settings at individual and group level.

[Kooth](#) is an anonymous and personalised mental health support for Children and Young People that is available to all young people in Worcesterhsire.

[Young Minds](#). A really good website with expert articles, advice and blogs and a crisis text-line.

[Self-care tips for young people](#). Watch these videos on dealing with unhelpful thoughts, sleep, social media, anxiety, exercise and more

[Happy Maps](#) have produced reliable resources recommended by Parents and Professionals.

[BESTIE](#) is an exciting, interactive online platform, designed to help young people to find out more about emotional wellbeing and mental health and to get the right help when they need it.

[Here2Help](#) will provide support for people of all ages and is available for both residents and organisations to access information, advice, tools, guidance and local support available to them or others in the local community based on their needs.

[R;pple](#) is an interceptive tool designed to present a visual prompt when a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide. These phrases include any words or terminology which have been identified as displaying potentially damaging online content.

[Worcestershire Young Carers](#) provides a wide variety of mainly community focused support for people and are often described as the 'glue' between those at risk of social isolation and the wider mainstream society.

[Barnardos](#) protect, support and nurture the UK's most vulnerable children

[Worcestershire Chat Health](#) offers is a service where 11-19 years olds can text 07507331750 to speak to their School Health Nurse for confidential advice and support around a variety of issues, including bullying, emotional health, relationship problems, alcohol and drugs.

[YoungMinds Textline](#) offers you free, 24/7 text messaging support wherever you are in the UK. If you need someone to talk to about how you're feeling, text YM to 85258.

[Qwell](#) is a free, safe and anonymous mental wellbeing support for adults across the UK and the link can be shared with families who can use the service

[Mentor link](#) provides a mentoring service for young people in Worcestershire.

Support for families

[Worcestershire Early Help Family Hub](#) provides links to a range of organisations and resources that are available to support families living in Worcestershire.

[Worcestershire Starting Well Partnership](#) is a services that provides a range of support for families and young people living in Worcestershire, including parenting support.

Emergency Help and Help Lines

NHS Crisis line

If the young person feels their mental health problems have become much worse or are experiencing problems for the first time, they may need help quickly.

The young person can phone the mental health helpline for urgent advice: 0808 196 9127 (free phone 24 hrs a day 365 days a year)

The team will offer advice, support and, if required, an assessment to understand how the young person is feeling. When calling the number, they can expect to speak to Mental Health Advisors and/or trained Mental Health Clinicians who will be able to listen to their concerns and help make appropriate plans with them to support.

[Childline](#) Not just for young children, Childline offers a helpline, online chat and e-mail advice for anyone up to the age of 19 years.

[Shout Crisis textline](#) Text for free 24/7 support across the UK if a young person is experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Worcestershire users should use 'WOO' to 85258

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Support following bereavement or loss

National Support

[Winston's Wish](#) National Helpline 08452 03 04 05

Support, guidance and information for anyone caring for a bereaved child or a child facing the imminent death of a family member.

[Child Bereavement Charity UK](#): The Child Bereavement Charity (CBC) provides specialised support, information and training to all those affected when a baby or child dies, or when a child is bereaved.

General enquiries: 01494 568900

[Childhood Bereavement Network](#): The Childhood Bereavement Network (CBN) is a national, multi-professional federation of organisations and individuals working with bereaved children and young people.

[Cruse Bereavement Care](#): Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss.

Helpline: 0844 477 9400

[Young Minds](#): YoungMinds is the national charity committed to improving the emotional wellbeing and mental health of children and young people.

Parents Helpline: 0808 802 5544

Local Support

WCF Educational Psychology Service: This service will provide free immediate psychological support to a setting following the death of a child or staff member. If you have not been contacted by them, please email edpsych@worcschildrenfirst.org.uk

Support following a death by suicide

National Support

[Papyrus \(prevention of young suicide\)](#): PAPYRUS is a voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing.

Hope Line UK: 0800 068 41 41 (for practical advice on suicide prevention)

Samaritans: The Samaritans Step-by-Step programme supports schools to recover from a suspected or attempted suicide: [Samaritans Step-by-Step programme](#)

Local support

[Worcestershire's suicide bereavement support service](#): this service aims to ease the distress and improve the wellbeing of those who have been bereaved, or affected, by suicide. It provides emotional support, practical help and signposting to other organisations. The service is free, confidential and available to residents of Worcestershire, of any age.

Contact: 01905 947 933