

The following list provides access to different mental health and wellbeing support for children and adults.

A link to Mental Health Resources

<https://padlet.com/nies1/EHENorthumberland>

- [Family Lives](#) - provides information, advice, guidance and support on any aspect of parenting and family life. Their helpline number is 0808 800 2222
- [Gingerbread](#) - provides single parents with advice and practical support. You can call the [Gingerbread Single Parent Helpline](#) on 0808 802 0925
- [Relate](#) - provides relationship support, including [help for children and young people](#) and [help with family life and parenting](#)
- [Single Parents](#) - provides single parents with help, advice and support
- [YoungMinds for Parents](#) - provides advice about mental health and behaviour problems in children and young people. You can call the parents' helpline on 0808 802 5544
- [Family Rights Group](#) - provides parents or other relatives with advice about their rights and options when social workers or courts make decisions about their children's welfare. Their advice line number is 0808 801 0366

Papyrus

[Papyrus \(Prevention of Young Suicide\)](#) provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. You can:

- call their helpline, HOPELineUK, on 0800 068 41 41
- text them on 07786 209 687

Samaritans

[Samaritans](#) are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling. You can:

- call them on 116 123
- email them at jo@samaritans.org
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SHOUT

[SHOUT](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. You can:

- text SHOUT to 85258

This service is free on all major mobile networks.

ChildLine

[ChildLine](#) provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects. You can:

- call 0800 1111 any time for free
- have an [online chat with a counsellor](#)
- check out the [message boards](#)

The Mix

[The Mix](#) provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. You can:

- call 0808 808 4994 for free - lines are open from 11am to 11pm every day
- access the [online community](#)
- [email The Mix](#)

Kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy.

It includes:

- a magazine

- discussion boards
- messages or live chat with their team
- a daily journal you can fill in

Beat

The charity [Beat](#) provide information to help young people who may be struggling with an eating problem, including an eating disorder.

They also provide advice, links to local support and one-to-one webchats.

You can call their dedicated helplines:

- Youthline on 0808 801 0711 (for anyone under 18)
- Studentline on 0808 801 0811 (for students)

You can also email them at:

- fyp@beateatingdisorders.org.uk (for anyone under 18)
- studentline@beateatingdisorders.org.uk (for students)

Beat are open 365 days a year. You can contact them on weekdays from 9am to 8pm and weekends from 4pm to 8pm.

RCPSYCH

The Royal College of Psychiatrists also has [information for young people, parents and carers about young people's mental health](#).

Useful Links

<https://www.mindful.org/mindfulness-for-kids/>

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

<https://www.annafreud.org/schools-and-colleges/>