

# Key contacts to support both parents and young people

Organisation		Telephone/email	Web address
	NHS mental health support	Online survey to complete Call: 111 or in an emergency 999	<a href="https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline">https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline</a>
	Childline	Call: 0800 1111	<a href="https://www.childline.org.uk/get-support/">https://www.childline.org.uk/get-support/</a>
	Young Minds (Youth Mental Health charity)	Text: 85258	<a href="https://youngminds.org.uk/find-help/get-urgent-help/">https://youngminds.org.uk/find-help/get-urgent-help/</a>
	Mind (wellbeing Charity)	Call: 0300 123 3393	<a href="https://www.mind.org.uk/information-support/helplines/">https://www.mind.org.uk/information-support/helplines/</a>
	NSPCC	Children call: 08001111 Parents/carers: Email: help@nspcc.org.uk Call: 08088005000	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
	Beat Eating Disorders	Call: 0808 801 0711	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
	Hopeagain – Youth website of Cruse Bereavement	Call: 0808 808 1677	<a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a>
	KidScape (parent advice)	Call: 020 7823 5430 Email: parentsupport@kidscape.org.uk	<a href="http://www.kidscape.org.uk/advice/parent-advice-line/">http://www.kidscape.org.uk/advice/parent-advice-line/</a>
	Samaritans	Call: 116 123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>