

## Mental Health & Wellbeing Information

### National Organisations

#### Talk to your GP

In the first instance, seeking advice from your GP may be appropriate. Most GP surgeries have a doctor who specialises in mental health. Ask reception who they are.

If you need to talk to someone, here is where you can get further support.

#### Social Media & Apps

You can follow many of these organisations on social media. This is great for ideas to improve your wellbeing and encourage positive habits to help manage your mental health.

Organisations with **APPS** and/or personalised **online platforms** are indicated with the Charity's logo.

### General / Youth Organisations

#### ChildLine

[www.childline.org.uk](http://www.childline.org.uk)

**T: 0800 1111** (Open 24/7)

If you are under 19 you can confidentially call, chat online or email about any problem big or small. Or visit the Calm Zone for activities and tools to help you.

#### Every Mind Matters

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

Expert advice and practical tips to help you look after your mental health and wellbeing, and discover what works for you.

#### Kooth

[www.kooth.com](http://www.kooth.com)

**T: 0300123 3393** (9am to 6pm Mon – Fri)

Online mental wellbeing community. Offers effective and personalised digital mental health care.

#### Mind

[www.mind.org.uk](http://www.mind.org.uk)

**T: 0300123 3393**

(9am to 6pm Monday – Friday)

Mental health charity which offers information and support to help you or someone you are living with.

#### Samaritans

[www.samaritans.org](http://www.samaritans.org)

**T: 116 123** (Open 24/7)

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

Whatever you're going through, you can contact the Samaritans for support.

#### Stem 4 APPS

[www.stem4.org.uk](http://www.stem4.org.uk)

Award winning free **mental health apps** to help teenagers manage anxiety, low mood and depression, self-worth, and body image. They also have an app to help families and friends provide mental health support.



# YOUTH SERVICE



## Tellmi APP

[www.tellmi.help](http://www.tellmi.help)

Tellmi is a safe, anonymous **APP** where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with this community to help you feel better.



## The Mix

[www.themix.org.uk](http://www.themix.org.uk)

**T: 0808 808 4994** (4pm to 11pm Mon -Sat)

**Text THEMIX to 85258** (open 24/7)

**1-2-1 Webchat** (open 24/7)

Offers online information as well as helpline support to under-25s about anything that's troubling them.

## Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Parent Helpline: 0808 802 5544**

(9.30am to 4pm Mon-Fri)

**Text SHOUT to 85258** (open 24/7)

If you're struggling with your feelings, you're not alone. Young Minds have loads of practical tips and advice from young people and parents, as well as information on getting the support you need.

## Abuse & Violence

### NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk)

**T: 0808 800 5000**

A Children's charity dedicated to ending Child Abuse and Child Cruelty. Support also provided for adults if they are concerned that a child may be at risk.

## Rape Crisis England & Wales

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**T: 0808 802 999**

Anonymous helpline for anyone aged 16 or over who has been affected by any type of sexual violence. Online chat also available.

## Refuge

[www.refuge.org.uk](http://www.refuge.org.uk)

**T: 0808 2000 247** (24/7)

**Live Chat: Mon – Fri 3pm – 10pm**

Help and information about Domestic Violence provided via telephone and on the website.

## Survivors UK

[www.survivorsuk.org](http://www.survivorsuk.org)

**T: 020 3322 1860** (12pm – 8pm Mon – Sun)

**Online Webchat – SMS Chat**

Confidential support for any man, boy or non-binary person who has ever experienced unwanted sexual activity.

## Alcohol & Substance Support

### Frank

[www.talktofrank.com](http://www.talktofrank.com)

**T: 0300 123 6600** (24/7)

**Text: 82111**

**Live Online Webchat** (2pm – 6pm 7 days)

Provides free, confidential advice, counselling, and referral to specialist services 24 hours a day.

# YOUTH SERVICE

## National Drug Helpline

[www.drughelpline.org](http://www.drughelpline.org)

**T: 0800 776600** (24/7)

Helpline for anyone concerned about drug misuse, including users, families, friends, and carers. Get private, confidential help from trusted professionals day and night.

## Bereavement

### Child Bereavement UK

[www.childbereavementuk.org](http://www.childbereavementuk.org)

**T: 0800 02 888 40**

**Live Online Webchat** (9am-5pm Mon-Fri)

Helps children, young people, parents, and families to rebuild their lives when a child grieves or when a child dies.

### Grief Encounter

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**T: 0808 802 0111** (9am to 9pm Mon - Fri)

**E: grieftalk@griefencounter.org.uk**

**Live Online Webchat**

Supporting bereaved children and young people following the death of someone close through one-to-one counselling, group workshops, music, art and drama therapy, grief guide and a grieftalk helpline.

### Hope Again

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**T: 0808 808 1677** (9.30am to 5pm Mon - Fri)

**E: helpline@cruse.org.uk**

A safe place where you can learn from other young people, how to cope with grief, and feel less alone.

## Winston's Wish

[www.winstonswish.org](http://www.winstonswish.org)

**T: 08088 020 021** (8am to 8pm Mon - Fri)

**E: ask@winstonswish.org**

The leading childhood bereavement charity in the UK. Offers practical advice, guidance, and support to bereaved children, young people, and their families.

## Bullying

### National Bullying Helpline

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

**T: 0300 323 0169** (9am-5pm Mon-Fri)

Provides information, advice and offer practical, proven steps to help you deal effectively with bullying.

## Suicide

### CALM

[www.thecalmzone.net](http://www.thecalmzone.net)

**T: 0800 58 58 58**

(5pm-midnight, 7 days a week)

**Live Online Webchat**

The Campaign Against Living Miserably is dedicated to preventing male suicide. If you're struggling, you can talk to CALM.

### PAPYRUS

[www.papyrus-uk.org](http://www.papyrus-uk.org)

**T: 0800 068 4141**

(9am-midnight, 7 days a week)

**Text: 07860 039967**

Are you, or a young person you know not coping with life? For confidential suicide prevention advice contact HOPELINEUK.

## Mental Health & Wellbeing Information

### Local Organisations

#### Whole of Essex

##### **The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS)**

[www.nelft.nhs.uk/set-camhs](http://www.nelft.nhs.uk/set-camhs)

**T: 0800 953 0222** (9am-5pm Mon-Fri)

**Text: 0800 995 1000** (urgent or out of hrs)

**E: SET-CAMHS.referrals@nelft.nhs.uk**

Provides advice and support to children, young people and families with their emotional wellbeing or mental health difficulties.

##### **Citizens Advice Essex**

[www.citizensadviceessex.org.uk](http://www.citizensadviceessex.org.uk)

**T: 0800 144 8848** (9am-5pm Mon-Fri)

**Live Online Webchat** (8am-7pm Mon-Fri)

Offer support with applying for Benefits and Universal Credit as well as advice around work, debt and money, housing, family, health and more.

##### **Essex Young People's Drug and Alcohol Service (EYPDAS)**

[www.childrenssociety.org.uk/information/young-people/east/EYPDAS](http://www.childrenssociety.org.uk/information/young-people/east/EYPDAS)

**T: 01245 493 311**

**E: supporter@childrenssociety.org.uk**

Offer confidential support to young people below 25 who are affected by substance misuse. Whether it is you or someone in your family that is addicted to drugs or alcohol.

##### **Essex SEND IASS (Information, Advice and Support Service)**

[www.essexsendiass.co.uk](http://www.essexsendiass.co.uk)

**T: 01245 204338**

**E: send.iass@essex.gov.uk**

A confidential and impartial information, advice and support service on issues related to Special Educational Needs & Disability.

##### **Evolve Intervention**

[www.evelove-intervention.com](http://www.evelove-intervention.com)

**T: 01245 526069**

**E: info@evolve-intervention.com**

An Essex based service providing an early intervention to children, young people aged 5-18 and families through mentoring, coaching, group work and tuition. In-person or online. Parents can refer directly.

##### **Kids Inspire**

[www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

**T: 01245 348707** (9am-5pm Mon-Fri)

**E: clinicaladmin@kidsinspire.org.uk**

Through a range of therapeutic and community activities they provide mental health and trauma recovery support for children, young people, and their families.

##### **The Essex Local Offer**

<https://send.essex.gov.uk/>

**E: essex.localoffer@essex.gov.uk**

Gives information about support available for children and young people up to 25 with SEND, and their families.

# YOUTH SERVICE

## **The Wilderness Foundation**

[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)

**T: 0300 1233073**

**E: [info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)**

Offer one-to-one or small group bespoke programmes to help young people and adults reconnect to society and themselves through outdoor facilitation adventure, therapy and mentoring. Their programmes highlight the positive impact of wild nature on personal and social wellbeing.

## **YCT**

[www.yctsupport.com](http://www.yctsupport.com)

**T: 01279 414 090**

**E: [admin@yctsupport.com](mailto:admin@yctsupport.com)**

A charity which offers free counselling and therapeutic support services across Essex including 1-1 counselling for children and young people aged 5 –25 years.

## **South Essex**

**Basildon, Brentwood, Castlepoint & Rochford**

## **Mind South East & Central Essex**

[www.secemind.org.uk](http://www.secemind.org.uk)

**T: 01702 601123**

**E: [hello@secemind.org.uk](mailto:hello@secemind.org.uk)**

Offer a range of intervention and therapeutic support, mostly online for those age 4-18 to help teach about the brain; why they feel the way they do and how to change it. Includes trauma informed group sessions teaching tools such as mindfulness, grounding exercises and breathing techniques and tips to manage anxiety, stress and overwhelm.

## **Mind Thurrock & Brentwood**

[www.thurrockandbrentwoodmind.org.uk](http://www.thurrockandbrentwoodmind.org.uk)

**T: 01375 391411**

**E: [youthfulwellbeing@tbmind.org.uk](mailto:youthfulwellbeing@tbmind.org.uk)**

### **BRENTWOOD**

Youth Wellbeing have a fortnightly group activity programme with YMCA Brentwood. Designed to improve your wellbeing and give you a safe space to meet others.

## **Motivated Minds / The Happy Hub**

[www.motivated-minds.co.uk](http://www.motivated-minds.co.uk)

**T: 01268 520785**

**E: [admin@motivated-minds.co.uk](mailto:admin@motivated-minds.co.uk)**

### **BASILDON**

Situated in the Heart of Basildon's Eastgate Shopping Centre, the Happy Hub is a wellness shop promoting the 5 ways of wellbeing and offering a range of mental health and wellbeing services.

## **Trust Links**

[www.trustlinks.org](http://www.trustlinks.org)

**T: 01702 213134**

**E: via website**

### **ROCHFORD & CASTLEPOINT**

Youth Links offers a programme of therapeutic, creative and social activities designed to enhance and improve mental wellbeing.

## **Yellow Door**

[www.canveyislandyouthproject.org.uk](http://www.canveyislandyouthproject.org.uk)

**T: 01268 683431**

**E: [drop-in@cyp-yellowdoor.org.uk](mailto:drop-in@cyp-yellowdoor.org.uk)**

### **CANVEY ISLAND**

An independent charity offering information, advice, advocacy, emotional and practical support, education and counselling, and activities to young people.

# YOUTH SERVICE

## North Essex

Colchester, Harwich & Tendring

### Mind Mid and North East Essex

[www.mnessexmind.org.uk](http://www.mnessexmind.org.uk)

**T: 01206 764600** (9am-5pm Mon-Fri)

**E: enquiries@mnessexmind.org.uk**

WARMS is a service that provides young people and their families support around mental health and emotional wellbeing if not already working with EWMHS.

### Next Chapter

[www.thenextchapter.org.uk](http://www.thenextchapter.org.uk)

**T: 0330 333 7444** (9am-5pm Mon-Fri)

**E: info@thenextchapter.org.uk**

#### COLCHESTER & TENDRING

Next Chapter supports women, together with their children, who have suffered domestic abuse. They offer crisis accommodation and outreach support.

### Teen Talk

[www.teentalkharwich.co.uk](http://www.teentalkharwich.co.uk)

**T: 01255 504800** (12pm-4pm Mon-Thu)

**E: teentalk1@hotmail.co.uk**

#### HARWICH

Offer several services to support with confidence, bullying, loneliness, anxiety, stress, coping with school and much more.

### Youth Enquiry Service

[www.yesyouthenquiry.org](http://www.yesyouthenquiry.org)

**T: 01206 710771** (9am-5pm Mon-Fri)

**E: info@colchesteryes.org.uk**

#### COLCHESTER & TENDRING

Provide young people with help and support with homelessness and housing, self-harm, depression, anxiety, teenage relationship abuse, bullying, suicidal thoughts and can offer counselling.

## West Essex

Epping, Harlow & Uttlesford

### Mind in West Essex

[www.mindinwestessex.org.uk](http://www.mindinwestessex.org.uk)

**T: 0800 7555173** (9.30am-5pm Mon-Fri)

**E: talking@mindinwestessex.org.uk**

Offer free support including Mental Health Coaching (via GP referral), online support groups and a Suicide Awareness Hub. They also provide low-cost counselling and Life Management Skills as well as other free/costed services.

### Next Chapter

[www.thenextchapter.org.uk](http://www.thenextchapter.org.uk)

**T: 0330 333 7444** (9am-5pm Mon-Fri)

**E: info@thenextchapter.org.uk**

#### UTTLESFORD

Next Chapter supports women, together with their children, who have suffered domestic abuse. They offer crisis accommodation and outreach support to help them make independent decisions about their futures.

### Spark

[www.worthunlimited.co.uk/spark](http://www.worthunlimited.co.uk/spark)

**T: 0208 508 6743**

**E: spark@worthunlimited.co.uk**

#### LOUGHTON

Spark will create opportunities for young people to receive emotional support, whenever it is needed, to enhance their wellbeing. They offer a range of counselling and mentoring services in schools and within the community for families in the Epping Forest and surrounding areas.

# YOUTH SERVICE

## Mid Essex

**Braintree, Chelmsford & Maldon**

### Chess Homeless

[www.chesshomeless.org](http://www.chesshomeless.org)

**T: 01245 281104** (7:30am-9pm Mon-Sun)

**E: [administration@chesshomeless.org](mailto:administration@chesshomeless.org)**

Based in Chelmsford, Chess provides benefit advice, homelessness and housing, counselling support, debt management and more.

### Farleigh Hospice Yo-Yo Project

[www.farleighhospice.org/advice-support/bereavement-support/yo-yo](http://www.farleighhospice.org/advice-support/bereavement-support/yo-yo)

**T: 01245 457416**

**E: [yoyoproject@farleighhospice.org](mailto:yoyoproject@farleighhospice.org)**

Yo-Yo is a community bereavement service for children and young people 4-18. They offer a range of support options including: one to one support, counselling, music and art therapy, workshops for parents and carers, and much more.

### Health in Mind (Mid Essex IAPT)

[www.hpft-iapt.nhs.uk/service/mid-essex](http://www.hpft-iapt.nhs.uk/service/mid-essex)

**T: 01376 308704**

**E: [midessex.iapt@nhs.net](mailto:midessex.iapt@nhs.net)**

Offers free and confidential talking therapy and practical support for those aged 17 and over.

### Mind Mid and North East Essex

[www.mnessexmind.org.uk](http://www.mnessexmind.org.uk)

**T: 01206 764600** (9am-5pm Mon-Fri)

**E: [enquiries@mnessexmind.org.uk](mailto:enquiries@mnessexmind.org.uk)**

WARMS is a service that provides young people and their families support around mental health and emotional wellbeing if not already working with EWMHS.

## Mind South East & Central Essex

[www.secemind.org.uk](http://www.secemind.org.uk)

**T: 01702 601123**

**E: [hello@secemind.org.uk](mailto:hello@secemind.org.uk)**

Offer a range of intervention and therapeutic support for those age 4-18 to help teach about the brain; why they feel the way they do and how to change it. Includes trauma informed group sessions teaching tools such as mindfulness, grounding exercises and breathing techniques and tips to manage anxiety, stress and overwhelm. Mostly online.

### Next Chapter

[www.thenextchapter.org.uk](http://www.thenextchapter.org.uk)

**T: 0330 333 7444** (9am-5pm Mon-Fri)

**E: [info@thenextchapter.org.uk](mailto:info@thenextchapter.org.uk)**

**BRAINTREE, CHELMSFORD & MALDON**

Next Chapter in Mid Essex supports women, together with their children, who have suffered domestic abuse. They offer crisis accommodation and outreach support to help them make independent decisions about their futures.

### The Change Project

[www.thechange-project.org](http://www.thechange-project.org)

**T: 0845 372 7701**

**E: [tcp@thechangeportfolio.org](mailto:tcp@thechangeportfolio.org)**

This Chelmsford based charity offer counselling and a range of therapeutic services to increase the wellbeing of people who are, or have been, living with conflict or domestic violence & abuse. They have a teens service that can help young people to build confidence, resilience and self-esteem following bullying, relationship issues or help to change abusive behaviours.