

If you would like advice about looking after your or your families, mental health during the Coronavirus outbreak:- (Taken from NHS website)

- Thrivingkirklees.org.uk
[0300 304 5555](tel:03003045555)



- [Childline](#)

Contacting **Childline**. You can talk to us about anything. No problem is too big or too small. Call us free on 0800 1111 or get in touch online.

www.childline.org.uk

- [Youth Access Directory of Services](#)

To find free and confidential counselling, advice or information services that are local/ search by town/postcode

- [Youth Wellbeing Directory](#)

www.mentallyhealthyschools.org.uk › resources › youth-wellbeing-di...

the **Youth Wellbeing Directory** provides a list of local and national organisations for anyone up to the age of 25.

- [Young Minds' parents helpline](#)

[Parents Helpline - YoungMinds](#)

youngminds.org.uk › find-help › for-parents › parents-helpline

0808 802 5544. Calls may be recorded for monitoring or training purposes. Outside of the **Parents Helpline** hours. Out of operating hours, you can contact the ...

- [Samaritans](#)

The Samaritans offer emotional support 24 hours a day - in full confidence.

Call **116 123 - it's FREE**

Or email jo@samaritans.org.uk

- [Crisis text line](#)

Text **Shout** to **85258**.

If you're experiencing a personal crisis, are unable to cope and need support.

Shout can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship challenges

- [Rethink Mental Illness](#)

Rethink advice and information line

Available Monday to Friday, 10am-2pm for practical advice on:

- Different types of therapy and medication
- Benefits, debt, money issues
- Police, courts, prison
- Your rights under the Mental Health Act.

- [Mind](#) Call the Mind infoline on **0300 123 3393** or email info@mind.org.uk.

Mind info line

Available Monday to Friday 9am to 6pm to provide information on a range of topics including:

- Types of mental health problems
- Where to get help
- Medication and alternative treatments
- Advocacy.

- [NHS Choices](#)

24-hour national helpline providing health advice and information.

Call [NHS choices](#) for free on 111 (UK)

The NHS 111/NHS 24 service is staffed 24 hours a day, 7 days a week by a team of fully trained advisers, and calls to the number are free.

CALM

[National helpline for men](#) to talk about any troubles they are feeling.

Call 0800 58 58 58 from 5pm-midnight 365 days of the year.

- [The Mix](#)

[The Mix - Essential support for under 25s](#)

www.themix.org.uk

21 Jan 2020 - **The Mix**: 0808 808 4994 - Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, ...

- **FRANK**: call 0808 16 89 111 / text 82111 / [online chat](#) / [email](#)

FRANK offers friendly, confidential support and advice to anyone concerned about drugs, including alcohol and legal highs.

The FRANK phone helpline is open 24 hours a day, 365 days a year.

- **BEAT**: call 0808 801 0677 (helpline) or 0808 801 0711 (youthline) or 0808 801 0811 (studentline) / [online chat](#) / [email](#) (18+) / [email](#) (under 18) / [email](#) (students)

Beat provides support to help young people beat their eating disorders.

The BEAT phone helplines are open 365 days a year from 12pm – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.

- [Victim Support](#): call 0800 123 6600 / [online chat](#) /

Victim Support are an independent charity which helps people feel safer and find strength to move beyond crime. The support offered is free, confidential and tailored to your needs.

Victim Support's SupportLine operates 24/7.