

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

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

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

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

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

T: 116 123 (Open 24/7)

Email: jo@samaritans.org

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

Stem 4 APPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

T: 0300 1233073

E: 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

T: 01279 414 090

E: 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

T: 01702 601123

E: 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

T: 01375 391411

E: 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

T: 01268 520785

E: 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

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

T: 01268 683431

E: 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

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

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

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

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

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

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

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

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

E: 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

T: 01245 457416

E: 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

T: 01376 308704

E: 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

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.

Mind South East & Central Essex

www.secemind.org.uk

T: 01702 601123

E: 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

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

E: 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

T: 0845 372 7701

E: 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.