

National Support Services:

<p>ChildLine helpline 0800 11 11 (free, 24 hour access) www.childline.org.uk</p>	<p>The Site web:www.thesite.org</p> <p>Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room</p>
<p>Get connected helpline 0808 808 4994 www.getconnected.org.uk</p>	<p>Youth Access tel. 020 8772 9900(from 9.30 to 1, and 2 to 5.30) web:www.youthaccess.org.uk Information on youth counselling</p>
<p>NSPCC helpline: adults 0800 800 5000 Children and young people 0800 11 11 www.nspcc.org.uk</p>	<p>Young Minds parents helpline: 0800 802 5544 (Monday to Friday 9.30am-4pm on free for mobiles and landlines) www.youngminds.org.uk National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people</p>
<p>Samaritans helpline 08457 90 90 90 (24 hour access) www.samaritans.org</p>	<p>Mood Juice http://www.moodjuice.scot.nhs.uk/ The Moodjuice website comprises detailed self-help guides on emotional health problems</p>
<p>Get Self Help Free therapy worksheets and Cognitive Behavioural Tools www.getselfhelp.co.uk</p>	<p>Family Lives Support to families through helpline, website, email and live chat services, befriending services, and parenting/relationship support groups www.familylives.org.uk 0808 800 2222</p>
<p>HOPELine HOPELineUK is a confidential support and advice service for children and young people who are worried about how they are feeling and for anyone concerned about a young person. T:0800 068 41 41 E:pat@papyrus-uk.org SMS:07786 209697</p> <p>Opening hours: Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm</p>	<p>Calm Harm Calm Harm is a free private app that helps you manage the urge to self-harm www.calmharm.co.uk/</p>
<p>Harmless www.harmless.org.uk Harmless is a user-led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.</p>	<p>National Suicide Prevention Alliance (NSPA) www.nspa.org.uk</p>
<p>National Institute for Clinical and Health Excellence (NICE) www.nice.org.uk Provides national evidence-based health guidelines.</p>	<p>National Self-Harm Network www.nshn.co.uk Supports and provides information for individual who self-harm as well as family and carers</p>
<p>MindFull www.mindfull.org Is a service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing</p>	<p>Royal College of Psychiatrists http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx Provides practical and up-to-date information about the emotional and psychiatric disorders for young people as well as teachers and parents.</p> <p>Mental Health First Aid www.mhfaengland.org</p>