Mental Health - directory of support for staff and pupils – August 2020

Organisation	What it does	Contact Information
Samaritans	A freephone listening service providing support for any worries/anxieties and a listening ear.	116 123
Young Minds	Offers support and signposting to other 'agencies'.	www.youngminds.org.uk Text YM to 85258 for urgent help Parents helpline 0808 802 5544
Papyrus	A national charity for prevention of young suicide. Provides support if you or a young person needs confidential suicide prevention advice.	Contact HOPELINE 0800 068 4141 Papyrus-uk.org/
SHOUT	Offers support in a crisis	Text shout to 85258
HARMLESS	Provides resources, advice and/or support for young people who are self -harming or at risk of self-harming.	Email: info@harmless.org.uk
Start a conversation	Start a Conversation is a suicide prevention campaign that aims to build a community that is committed to the mental health and wellbeing of its residents. A non-judging environment where care and support are available to those in distress or those bereaved or affected by suicide.	https://www.startaconversation.co.uk/coronavirus-and-mental-wellbeing
Charlie Waller Memorial Trust	Provides resources and training around mental health.	0163 586 9754 https://www.cwmt.org.uk/contact-us

Childline	A free, private and confidential service for young people where you can talk about anything.	0800 1111 9am - midnight Childline.org.uk/
NHS Health for Teens	Online resources and information covering a wide range of health issues.	Healthforteens.co.uk/ 0752 061 5387
NHS chat health text service	ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.	Nhs.uk/apps-library/chathealth/ 0752 061 5387
Turning Point	For advice on substance misuse – professional and self-referral.	0330 030 6000 Leicester.gov.uk/media/181771/leicester-and-leicestershire-turning-point.pdf
Anna Freud	One example of what Anna Freud can offer is **Schools in Mind** Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.	Email - schoolsinmind@annafeud.org 0207 749 2313 Annafreud.org/

Kooth	Kooth provide free, safe and anonymous online support and counselling.	0845 330 7090 Kooth.com/
Ed Psychology Service	Helpline for parents, teachers available daily 9 – 11.30.	0116 305 5100
Early Help – children and family well-being service Well-being practitioners	Bounce Back – age 8-12/13 children who are worried/anxious – low level concerns. Managing anxiety -understanding anxiety – could be CBT interventions Parental Mental Health- group support for parents who have increasing anxieties around emotional, health and well being Well-being Practitioners have been trained as part of the Improving Access to Psychological Therapies (IAPT) initiative. WPs are able to offer CBT based interventions to support Children and Young People experiencing common mental health difficulties. Wellbeing Practitioners can work with Children and Young People (CYP) experiencing any of the following. • Low mood • Worry • Generalized anxiety & social anxiety • Panic • Sleep problems due to anxiety/low-mood • Simple phobias (excluding blood, needles and vomit)	Refer to Early Help using the MARF Children and Family Well-being Service 0116 305 8727 for more information

	• Stress management	
DHU LLR Mental and Emotional Health Triage and Navigation Service	This is a new way for schools to refer pupils for mental health support either by interventions or by signposting the school to the appropriate support. Form is available on Leicestershire Traded Services and it is an addendum to the Local Authority MARF form.	Available on Leicestershire Traded Services website – Safeguarding in Education (DSL resources area) Download file called "LPT CYP Service offer during social isolation"
Barnados	Specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more.	https://www.barnardos.org.uk/ Helpline 0800 157 7015
LAMP (Leicestershire Action for Mental Health	A local charity providing mental health support and advocacy.	0116 255 6286 Lampadvocacy.co.uk
Switch Board	A one stop LGBT listening service via phone, email and instant messaging.	0300 330 0630
Healthy Schools	Training for schools around mental health including bereavement training staff health and well -being, mental health in early years etc.	https://www.leicestershirehealthyschools.org.uk/training-and-events
Let's talk wellbeing	A local NHS service providing talking therapy for mild to moderate mental health concerns including stress, anxiety, depression etc For young people over the age of 16 – self referral.	0115 876 0157 Letstalkwellbeing.co.uk
Youth helpline	Support for 13 –20 year olds	0330 606 1174 https://nopanic.org.uk/
Family action	Support for adult family members	www.family-action.org.uk
MIND	Information and resources for understanding your mental health and to help understand and improve your mental well -being.	0300 123 3393 https://www.mind.org.uk/

SANEline	Online support for anybody experiencing mental health problems or is supporting someone who is.	Sane.org.uk/what_we_do/support/helpline 300 304 7000 Email: support@sane.org.uk
School Nurses	A wealth of advice – check this website to contact this service.	Healthforkids.co.uk/leicestershire/school-nurses/
Education Support	Resources for managers managing trauma through covid.	https://www.educationsupport.org.uk/-
MINDed	MINDed Resources for all	https://covid.minded.org.uk/
LLR Sports Partnership	LLR Sports partnership improve wellbeing of adults. Early Years Healthy at home Active together	https://www.lrsport.org/active-together - https://www.lrsport.org/healthyathome https://www.lrsport.org/active-together https://www.lrsport.org/wellbeingatwork https://www.lrsport.org/earlyyears
Samaritans	support for Schools to prepare for and recover from a suspected or attempted suicide.	https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack Y6
Public Health	Resource pack - how to deal with worry.	https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack Y6
Virtual Library of UK Disability Resources	A variety of resources available in Leicestershire to support adult mental health.	**https://www.ableize.com/disabled-groups-and-clubs-by-county/leicester-and-leicestershire/leicestershire-mental-health/**
Childline	Childline resources for children	**https://www.childline.org.uk/**
Sunrise well being	Some free resources and group sessions for children, parents and carers.	https://sunrisewellbeing.co.uk/
Barnardos	Barnardos self-help programme 'See, hear, respond'	https://www.barnardos.org.uk/see-hear-respond/self-referral/self-referral-form
The Spark Arts	Well being through art for children	https://thesparkarts.co.uk/

Education Support	Support website for Educationalist including a confidential phone line.	https://www.educationsupport.org.uk/looking-after-teacher-wellbeing
NHS	Well being self assessment tool	https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/
LRS	Leicestershire & Rutland Sport conference – support well being through sport.	https://www.lrsport.org/lrsconference