

Sources of help for students

If you are feeling down or distressed, or are worried about someone you know, you may find it useful to use the following help sources.

If you are feeling extremely distressed, please speak to an adult that you trust as soon as possible.

KOOTH

Online service for young people: counselling, support and information service for children and young people aged 11-25

www.kooth.com

Off the Record

Free and confidential mental health support, information and workshops for young people aged 11-25

www.otrbristol.org.uk

Helpline: 0808 808 9120

Text: 07896 880 011

Email: confidential@otfbristol.org.uk

Young Minds

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Provides information to children and young people about mental health and emotional wellbeing

www.youngminds.org.uk

Helpline: 0207 089 5050

Association for Young People's Health

Online guide for young people supporting each other

<http://Behealthy-peersupport.org.uk>

ChildLine

For children and young people to discuss their concerns or problems in confidence

www.childline.org.uk

Helpline (24 hours): 0800 1111

NHS choices

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress

www.nhs.uk/livewell/youth-mental-health

The Mix

Essential support for under 25 year olds around all health and wellbeing topics including mental health, sex and relationships and drink and drugs

<http://www.themix.org.uk/>

Helpline: 0808 808 4994

Bullies Out

Anti-bullying charity: offers advice to young people about bullying on their website

<https://bulliesout.com/>

Papyrus

Information for young people who self-harm, or who are concerned about friends who do

<http://www.papyrus-uk.org>

HopelineUK: confidential helpline weekdays 10am-10pm, weekends 2pm-10pm
0800 068 4141

Self-Injury Support TESS

Information and support for girls and women affected by self-injury or self-harm up to 24 years

<http://www.selfinjurysupport.org.uk/> (email option through website)

Self-injury helpline: Sun-Fri 7pm-9pm 0808 800 8088

Text: 07800 472908

BEAT

BEAT are the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape

www.b-eat.co.uk

Youthline (under 25): 0345 634 7650

Winston's Wish

Practical support and guidance for bereaved children, their families and professionals

www.winstonswish.org.uk

Helpline: 0845 2030405

Youth In Mind

Information and advice for young people who are stressed:

www.youthinmind.info