

# Family Support



	<p>NHS is here to support your mental health during the coronavirus pandemic, as well as your physical health. It is important to note that if you are really struggling with your mental health and it is disrupting your everyday life seek professional help and talk to your GP. <b>If you need urgent mental health support, call 111 option 2</b></p> <p>If you are concerned about the mental health of your child, please contact your GP or check online self-referral options for under 18 years olds at: <a href="http://www.nhs.uk/conditions/stress-anxiety-depression">http://www.nhs.uk/conditions/stress-anxiety-depression</a></p> <p>If you're experiencing stress and anxiety, you can get further information, including <a href="http://www.nhs.uk/conditions/stress-anxiety-depression">how to self-refer to psychological therapies</a> at: <a href="http://www.nhs.uk/conditions/stress-anxiety-depression">http://www.nhs.uk/conditions/stress-anxiety-depression</a></p> <p>Every Mind Matters aims to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. To learn more about how to look after your mental health and create your own action plan, visit: <a href="https://www.nhs.uk/oneyou/every-mind-matters">https://www.nhs.uk/oneyou/every-mind-matters</a></p>
	<p><a href="http://www.kooth.com">http://www.kooth.com</a></p> <p>Kooth provide online mental health and wellbeing support to young people via any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from qualified counsellors.</p>
	<p><a href="http://www.bedfordopendoor.org.uk/">http://www.bedfordopendoor.org.uk/</a></p> <p>Bedford Open Door is a <b>local</b> charity offering free confidential in-person and telephone counselling for young people. To find out more or register for the service, <b>text</b> them on 07922 105 200, <b>call</b> on 01234 360 388 or <b>email</b>: counselling@bedfordopendoor.org.uk</p>
	<p><a href="http://www.mind.org.uk/information-support/helplines">http://www.mind.org.uk/information-support/helplines</a></p> <p><b>Telephone:</b> 0300 123 3393 (09:00-18:00 Monday to Friday) <b>Text:</b> 86463</p> <p>Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy.</p>

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	<p><b>Telephone:</b> 0808 802 5544 (09:30-16:00 Monday-Friday)  <a href="https://youngminds.org.uk/find-help/for-parents/parents-helpline/">https://youngminds.org.uk/find-help/for-parents/parents-helpline/</a></p> <p>A source of support for parents and carers who are worried about the mental health of their child.</p>
	<p><b>Telephone:</b> 0300 304 7000  <a href="http://www.sane.org.uk/what-we-do/support/helpline">www.sane.org.uk/what we do/support/helpline</a></p> <p>SANEline is a national out of hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. It is a confidential service for those aged 16 or over.</p>
	<p><b>Telephone:</b> 0808 808 4994 (11:00-23:00)  <b>Crisis Support Text Service:</b> Text THEMIX to 85258  <a href="http://www.themix.org.uk/get-support">www.themix.org.uk/get-support</a></p> <p>The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access The Mix's support via phone, email, webchat, peer to peer and counselling services.</p>
	<p><a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p>Childline is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about any topic – no problem is too big or too small.</p>
	<p><a href="http://www.crisistextline.uk">www.crisistextline.uk</a></p> <p><b>Text Service:</b> Text SHOUT to 85258 to text with a trained Crisis Volunteer who will provide active listening and collaborative problem solving. Shout provides free, confidential support 24/7 via text for anyone in crisis.</p>
	<p><a href="http://www.samaritans.org">http://www.samaritans.org</a></p> <p><b>Telephone:</b> 116 123 (24 hours a day, free to call) Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair.</p>

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	<p><a href="https://www.healios.org.uk/services/thinkninja1">https://www.healios.org.uk/services/thinkninja1</a></p> <p>Thinkninja is a free app for 10-18 year olds which provides an opportunity to understand fears relating to coronavirus, isolation struggles and how to stay connected to family and friends, worried about personal health and the health of family members, mental strength and coping techniques to use during the pandemic.</p>
	<p><a href="http://familylives.org.uk/">http://familylives.org.uk/</a></p> <p>Telephone: 0808 800 2222</p> <p>Support to anyone parenting a child.</p>
	<p><a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></p> <p>Helpline: 03444 775 774</p> <p>Whether you have anxiety, stress, anxiety-based depression or a phobia that's affecting your daily life, we're here to help you. And we're fully supported by an expert team of medical advisors.</p>
	<p><b>07507 331450</b></p> <p>Text service run by NHS putting young people into contact with school nurses</p>
	<p><a href="http://www.youthaccess.org.uk">http://www.youthaccess.org.uk</a></p> <p>Online info for local youth clubs, advice, counselling and support services</p>
	<p><a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a></p> <p>Support for YP affected by domestic violence</p>
	<p><a href="http://www.elefriends.org.uk">http://www.elefriends.org.uk</a></p> <p>Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind and provides an online space where you can be yourself.</p>