

Information Sheet

Support for Children and Young People's Mental Health and Wellbeing

Covid-19 Restrictions

Many of these organisations will be subject to restrictions in line with government advice in relation to covid-19.

However, you are still able to contact many of them for telephone advice or access the varied online resources and information many of them offer.

Mental Health Support...

The Child and Adolescent Mental Health Service (CAMHS) can be referred to by the family GP (General Practitioner) for support with significant mental health issues. If you believe your child's life is at risk, you can receive emergency support by calling 999 or at the Children's Hospital Accident & Emergency department. Some schools offer mental health support in school and you can speak to pastoral staff about this to explore what can be offered.



KOOTH ONLINE COUNSELLING

<https://www.kooth.com> •

Free online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

YOUNG MINDS PARENTS HELPLINE

08088025544

Free Phone • Open Mon – Fri, 9:30am – 4pm

A trained adviser will talk through the problem and listen to your concerns in complete confidence. Your adviser will help you to understand your child's behaviour and give you practical advice on where to go next.

DOOR 43

door43@sheffieldfutures.org.uk •

Emotional, mental and sexual health support. Offers support to 13-25 year olds on a range of emotional wellbeing issues.

EPIC FRIENDS

<https://epicfriends.co.uk> •

A child-friendly website set up by CAMHS providing self-help and advice for young people who think their friend may have mental health problems.

GOLDDIGGER TRUST

0114 3271191

www.golddiggertrust.co.uk •

Courses for young people, drop-in sessions, mentoring and more including work around self-esteem, self-harm and identity.

CHILYPEP

0114 2348846

www.chilypep.org.uk/facebook.com/chilypep •

The Children and Young People's Empowerment Project is a charity dedicated to raising the voices of young people and giving them the confidence, influence and platform to shape their world.

YOUNG MINDS

<https://youngminds.org.uk> •

Advice for children and young people and their parents/carers about mental health.

THE MENTAL HEALTH FOUNDATION

www.mentalhealth.org.uk/publications •

Free booklets available for parents to download about a range of mental health problems.

CHILDLINE WEBSITE

<https://www.childline.org.uk> •

Advice for children on difficulties such as anxiety and stress.

NHS WEBSITE

www.nhs.uk/conditions •

NHS advice about different mental health conditions including causes,