

Turning Point

**TURNING
POINT**
inspired by possibility



Offer a range of health and well-being services (includes support with mental health, learning disabilities & substance misuse)

<https://www.turning-point.co.uk/>

We Are With You

**we are
withyou**

Get free, confidential support with alcohol, drugs or mental health problems

<https://www.wearewithyou.org.uk/>

Winstons Wish

**WINSTON'S
WISH WW**

Giving hope to grieving children

Helpline 08088 020 021
Childhood bereavement charity that offers a wide range of practical support and guidance to bereaved children

<https://www.winstonswish.org/>

YoungMinds

YOUNGmINDS
fighting for young people's mental health

Mental health charity for children, young people and their parents, making sure all young people get the mental health support they need

<https://www.youngminds.org.uk/>

Ashby School

SELF-HELP INFORMATION
FOR STUDENTS CREATED BY STUDENTS

Active Together >
Five Ways To Well-Being



A great place to start keeping mentally and physically well.
Connect> Be active> Take Notice> Keep Learning > Give

<https://www.active-together.org/wellbeing>

Adfam



Website with lots of useful resources to help young people and their families affected by Drugs & Alcohol

<http://adfam.org.uk/>

ADHD Solutions



A website which provides help, support, family coaching and resources to help young people cope with the challenges of ADHD

<https://www.adhdsolutions.org/>

Al-Anon Family Groups



HELPLINE: 0800 0086811
Provides support to young people affected by someone else's drinking.

<https://al-anonuk.org.uk/>

Alcoholics Anonymous (AA)



HELPLINE: 08009177 650
Support for you people struggling with a drinking problem

<https://www.alcoholics-anonymous.org.uk/>

Beyond Bullying



A range of information and guidance for young people experiencing bullying

<https://www.beyondbullying.com/>

SafeSpot



Mobile app
An app designed to help young people improve their coping strategies and help them through tough spots

Samaritans



Free 24hr support line > Call 116 123
A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide

<https://www.samaritans.org/>

Shout



A free text service if you are feeling anxious, worried, stressed or suicidal
> Text SHOUT to 85258

<https://giveusashout.org/>

StayAlive



Mobile app
Suicide prevention resource
Packed full of useful information & tools to help you stay safe in crisis
Can be used if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide

Talk To Frank









Contact 0300 123 6600
Honest information about drugs







<https://www.talktofrank.com/>







Tellmi



Mobile app
A safe, anonymous app where you can talk about absolutely anything (from anxiety to autism, dating to depression or self-harm to self-esteem)

<p>Papyrus</p>  <p>PAPYRUS PREVENTION OF YOUNG SUICIDE</p>	<p>Helpline 0800 068 4141 Young suicide prevention, providing advice and support</p> <p>https://www.papyrus-uk.org/</p>
<p>Quit Anger</p> 	<p>Mobile app App that gives ways of dealing with anger</p>
<p>Relate</p> 	<p>Most trusted provider of relationship support</p> <p>https://www.relate.org.uk/</p>
<p>Re-Think</p> 	<p>Website with the aim of improving the quality of life of everyone affected by mental illness</p> <p>https://www.rethink.org/</p>
<p>Rize</p> 	<p>Mobile app Provides interactive exercises to help improve mental health, emotional well-being and resilience</p>
<p>Rootd</p> 	<p>Mobile app To help those struggling with panic attacks and anxiety Includes breathing tools, exercises & lessons</p>

<p>Buttle UK</p> 	<p>Charity dedicated to helping children & young people in the UK who have experienced crisis, living in financial hardship and dealing with multiple challenging social issues. Provides support designed to improve emotional, educational and social outcomes.</p> <p>https://buttleuk.org/</p>
<p>Calm</p> 	<p>Mobile app Provides meditation and sleep stories to improve your mental health & sleep</p> <p>https://www.calm.com/</p>
<p>Calmhalm</p> 	<p>Mobile app Helps to manage or resist the urge to self harm.</p> <p>https://calmharm.co.uk/</p>
<p>Chat Health</p> 	<p>A confidential text service for people aged 11 - 19yrs. Advice given by health professionals</p> <p>https://chathealth.nhs.uk/</p>
<p>Childline</p> 	<p>HELPLINE: 0800 1111 Free confidential chat with one of our counsellors 24/7 on the phone, online or through the app.</p> <p>https://www.childline.org.uk/</p>
<p>Clear Fear</p> 	<p>Mobile App Recommended for ages 11 –19 yrs Provides suggestions for how to manage anxiety</p>

<p>Daylio Journal</p> 	<p>Mobile app Self-care bullet journal with goals, mood diary and happiness tracker. Useful to document your mood and activities completed throughout the day</p>
<p>Drinkaware</p> 	<p>A charity working to reduce alcohol misuse and harm across the UK</p> <p>https://www.drinkaware.co.uk/</p>
<p>Headspace</p> 	<p>Mobile app An app that provides meditation and guidance for managing stress, anxiety and sleep</p>
<p>Health For Teens</p> 	<p>A great website with lots of information / health advice including information on feelings, growing up, health, lifestyle, relationships and sexual health</p> <p>https://www.healthforteens.co.uk/</p>
<p>Healthtalk</p> 	<p>Listening to personal stories about young people's experiences of various health conditions</p> <p>https://healthtalk.org/</p>
<p>Kooth</p> 	<p>Mobile app An online mental wellbeing community where you can also chat to the Kooth team about anything that is on your mind</p>

<p>Leicestershire Autistic Society</p> 	<p>Provides support, information & advice to families in Leicestershire dealing with autism</p> <p>https://www.leicestershireautisticsociety.org.uk/</p>
<p>Leicestershire Police</p> 	<p>Information about your local police service. Includes an online service where you can report a crime</p> <p>https://www.leics.police.uk/</p>
<p>Mind</p> 	<p>Information and support with mental health</p> <p>https://www.mind.org.uk/</p>
<p>Moodgym</p> 	<p>An interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression & anxiety</p> <p>https://moodgym.com.au/</p>
<p>Narcotics Anonymous (NA)</p> 	<p>Helpline 0300 999 1212 To gain support for an addiction that you are unable to manage. Aims to support members to stay drug free</p> <p>https://ukna.org/content/need-help</p>
<p>NHS</p> 	<p>Vast website designed for people to take control of their health and well-being</p> <p>https://www.nhs.uk/</p>