






















Useful websites/contacts









Action for Children 	www.actionforchildren.org.uk	Advice 24/7. Or, chat online		Family Support Workers to help you and your family.
Anxiety UK 	www.anxietyuk.org.uk	03444 775774 support@anxietyuk.org.uk	Mon-Fri 9.30am - 5:30pm	Working to relieve and support those living with anxiety and anxiety-based depression by providing information,
The Association for Child and Adolescent Mental Health. 	www.acamh.orguk			A charity raising understanding and management of child mental health issues including depression and anxiety.
Beats 	www.beateatingdisorders.org.uk	Helpline: 0808 801 0677 Youthline: 0808 801 0711 Studentline: 0808 801 0811		Supporting anyone affected by eating disorders, emotional overeating, and difficulties with food, weight and shape.
Befrienders Worldwide. 	www.befrienders.org.uk			Providing emotional support to prevent suicide worldwide.
Bullying UK 	www.bullying.co.uk	0800 800 2222	Everyday 7am - midnight; calls to be diverted to Samaritans at other times	Advice and support for anyone affected by bullying
Calm 	www.thecalmzone.net	Helpline: 0800 58 58 58		CALM offers support to men in the UK, of any age, who are down or in crisis via a helpline, web chat, and website.

<p>CAHMS.</p>	<p>www.youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/#what-iscamhs</p>			<p>Child and Adolescent Mental Health Services refers to all services that work with children and young people experiencing emotional, behavioural or mental health difficulties.</p>
<p>Change for Life</p> 	<p>www.nhs.uk/change4life</p>			<p>Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families</p>
<p>Charlie Waller Memorial Trust.</p> 	<p>www.cwmt.org.uk</p>			<p>Charity committed to raising awareness about depression and mental health problems in young people.</p>
<p>Child line</p>  <p><small>Childline here to help you all the time.</small></p>	<p>www.childline.org.uk</p>	<p>0800 11 11</p>	<p>24 hours</p>	<p>Free confidential helpline for young people up to 19 years old.</p>
<p>Citizens Advice</p> 	<p>www.citizensadvice.org.uk</p>	<p>West Suffolk 0300 330 1151</p>		<p>Independent, confidential and impartial advice on your rights about a range of social issues, such as housing, benefits, and debt.</p>
<p>Cruse</p> 	<p>www.cruse.org.uk</p>	<p>0844 477 9400</p>	<p>Monday to Friday 9.30am-5pm and until 8pm Tuesdays and Saturdays</p>	<p>Offering support, advice and information to children & young people when someone dies</p>
<p>Depression Alliance</p> 	<p>www.depressionalliance.org</p>		<p>Talk online and meet up with groups in their local area.</p>	<p>Bringing people together to end the loneliness and isolation.</p>

<p>Emergency Chat</p> 	<p>APP</p>	<p>The app presents a splash screen that explains to the person you give your device to that you can't use speech and want to use the app to communicate</p>		<p>Emergency chat is an app that can be used in any situation where speech is impossible but communication is still necessary..</p>
<p>Family Lives</p> 	<p>www.familylives.org.uk</p>	<p>0808 800 2222</p>		<p>Support and advice from trained family support workers</p>
<p>First Response- Mental health helpline</p>  <p>helpline</p>	<p>www.nsft.nhs.uk/Pages/Mental-health-helpline-goes-live.aspx</p>	<p>0808 196 3494 Freephone 24/7</p>	<p>Norfolk and Suffolk NHS Foundation Trust (NSFT)</p>	<p>Offers 24/7 immediate support for mental health difficulties during the coronavirus pandemic.</p>
<p>FRANK</p> 	<p>www.talktofrank.com</p>	<p>0300 123 6600</p>	<p>24 hours</p>	<p>Confidential information & advice on drugs, offering online chats as well as a text service.</p>
<p>Harmless.</p> 	<p>www.harmless.org.uk</p>			<p>Support for people who self-harm & the families and friends of those who self-harm.</p>
<p>Head Meds</p> 	<p>www.youngminds.org.uk</p>			<p>Part of 'YoungMinds', HeadMeds provides young people with general information about mental health medication, but does not give medical advice.</p>
<p>Hope Again</p> 	<p>www.hopeagain.org.uk</p>	<p>0808 808 1677</p>	<p>Monday - Friday 9.30am-5.00pm</p>	<p>A national charity that provides support, advice and information to young people</p>

<p>International Association for Suicide Prevention</p> 	<p>www.iasp.info.uk</p>			<p>Provides suicide prevention resources, guides and information.</p>
<p>Mental Elf Service.</p> 	<p>www.nationalelfservice.net</p>			<p>A mental health blog for you to keep up to date with all research and guidance.</p>
<p>Molehill Mountain</p> 	<p>App</p>		<p>Molehill Mountain is an app to help autistic people understand and self-manage anxiety.</p>	<p>It allows you to track your worries and the situations that trigger anxiety, get evidence-based daily tips to understand more about anxiety, and to feel more confident to self-manage anxiety.</p>
<p>MindEd.</p> 	<p>www.minded.org.uk</p>			<p>A free educational resource on children and young people's mental health for all parents and professionals</p>
<p>Mind</p> 	<p>www.mind.org.uk</p>	<p>0300 123 3393</p>	<p>Monday - Friday 9.30am -6.00pm</p>	<p>Advice to anyone experiencing a mental health problem</p>
<p>The Mix</p> 	<p>www.themix.org.uk</p>	<p>0808 8080 4994</p>	<p>24 hours Free Confidential</p>	<p>Help for a wide range of issues for young people under 25</p>
<p>Papyrus</p> 	<p>www.papyrus.org.uk</p>	<p>0800 068 4141</p>	<p>Monday - Friday 10am-10pm sat & Sun 2pm -5pm</p>	<p>Free confidential helpline to anyone concerned about a young person at risk of harm to themselves</p>
<p>NetMums</p> 	<p>www.netmums.com/coffeehouse/teens-teens-581/teens-61/184350-how-do-you-spend-quality-time-teenagers-without-spending-money-all.html</p>		<p>A useful thread - spend</p>	<p>Quality time with teenagers</p>

NHS Choices 	www.nhs.uk			Information from the NHS on conditions, treatments, local services and healthy living.
 NICE	www.nice.org.uk		The National Institute for Health and Care Excellence (NICE)	Provides national guidance and advice to improve health and social care.
NSPCC 	www.nspcc.org.uk	0808 800 5000	24 hours	Information helpline for anyone concerned about a young person
Parents and Young People 	www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx			Health advice for young people
Relate 	: www.relate.org.uk			Relate offers counselling services for every type of relationship nationwide. You can find your nearest Relate through the website:
Re-Think 	www.rethink.org	0300 500 0927	Monday - Friday 10am - 2pm	Offering help on living with a mental illness, medication, care and treatment service
The Royal College of Psychiatrists 	www.rcpsych.ac.uk			Information for young people and parents about mental health and a range of related topics. See pages:
Samaritans 	www.samaritians.org	0845790 90 90	24 hours	Free confidential help
SANE	www.sane.org.uk	0300 304 7000	4.30pm- 0.30am daily	Helpline for anyone affected by mental illness

 <p>SANE</p>				
<p>Scope about Disabilities</p> 	<p>helpline@scope.org.uk</p>	<p>Helpline: 0808 800 3333 Email: helpline@scope.org.uk</p>		<p>Provide support information and advice to people living with disabilities and their families.</p>
<p>Shout</p> 	<p>www.giveusashout.org</p>	<p>Text: 85258 Shout is a 24/7 text service free on all major mobile networks</p>		<p>Anyone in crisis anytime anywhere. It's a place to go if you're struggling to cope and need immediate help</p>
<p>Stay Alive</p>  <p>App</p>			<p>Suicide prevention Resource for the UK packed full of useful information and tools to help you stay safe in crisis</p>	<p>You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.</p>
<p>Suicide.org.</p> 	<p>www.suicide.org</p>			<p>A suicide prevention, awareness and support website.</p>
<p>Suffolk County Council</p> 	<p>www.suffolk.gov.uk Email: Infolink@suffolk.gov.uk</p>			<p>Information and advice about health and care, housing, money, local services and organisations to help you live independently.</p>
<p>Suffolk Libraries</p> 	<p>www.suffolklibraries.co.uk help@suffollibraries.co.uk</p>	<p>01473 351249</p>		<p>Provides information on events list and links to useful websites about mental health and wellbeing.</p>
<p>The Source</p> 	<p>www.thesource.me.uk Email: thesource@suffolk.gov.uk</p>		<p>The Source is managed by the Engagement Hub within Health, Wellbeing and Children Services at Suffolk County Council.</p>	<p>Information and advice on healthy relationships housing money work and learning for young people in Suffolk.</p>
<p>Wellbeing</p>	<p>www.wellneingnands.co.uk</p>	<p>Non-emergency contact number: 0300 123 1503 9am-5pm</p>	<p>They aim is to reduce the onset of</p>	<p>Offers help and support to improve wellbeing and manage stress, low mood, and anxiety.</p>

			mental health problems.	
YoungMinds. 	www.youngminds.org.uk www.youngminds.org.uk/for_parents			Information, advice, support and helplines for young people affected by mental health problems,
WAY 	www.widowedandyoung.org.uk			Charity in the UK for people aged 50 or under when their partner dies it's a peer to peer support group

Other useful Suffolk support information:

Home But Not Alone



A new Suffolk-focused community service has been set up to support people who need help during the COVID-19 pandemic.

Called 'Home But Not Alone', the service has been launched to help connect people who want to volunteer in their communities with neighbours who are most in need.

www.suffolk.gov.uk/council-and-democracy/council-news/show/home-but-not-alone

LifeLink



Looking after ourselves and each other is really important right now. Physically, mentally and emotionally, we can do a lot to protect and support our own health. LifeLink has compiled this guide of great resources and virtual support out there.

www.westsuffolk.gov.uk/community/lifelink/covid-19-information-and-wellbeing-guide.cfm

COVID-19 Information and wellbeing support guide

Looking after ourselves and each other is really important right now. Physically, mentally and emotionally, we can do a lot to protect and support our own health. LifeLink has compiled this guide of great resources and virtual support out there....

www.westsuffolk.gov.uk

Local Bury St Edmunds support information

Community Action Suffolk - West Suffolk



Supporting families in the Bury St Edmunds area:

Sally Connick sally.connick@communityactionsuffolk.org.uk
01473 345359

Gatehouse Bury St Edmunds



<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=YPeDcVIIAf4>

Unity School Trust's Well-being nurses Sue and Annie



OM Health and Wellbeing Consultancy is a specialist, expert consultancy service with over 25 years' experience, offering support for schools & businesses. www.omhwc.org.uk/

We are here to help



As a school, we take pride in looking after our families. We know and understand that at this time it is tough for everybody and would like to make our support known to our parents and children. If you find yourself in struggling circumstances, whether this be financially or when it comes to supporting your own children's needs, please contact The Rainbow Room via email at allrainbowroom@abbotsgreenacademy.co.uk so we can be in contact and support you.