

## Mental Health support services

### Useful contacts

Kooth on line support service for young people <https://www.kooth.com/>

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

For more information about XenZone, please visit [XENZONE.COM](https://www.xenzone.com). If you're a parent looking for more information about Kooth, please email [PARENTS@XENZONE.COM](mailto:PARENTS@XENZONE.COM)

Charlie Waller <https://www.cwmt.org.uk/about-us1>

What we do... The Trust aims to:

- Equip young people to look after their mental well being
- Help people to recognise the signs of depression in themselves and others so they know when to seek help
- Ensure expert and evidence-based help is available when people need it

We do this by:

- Delivering **talks & training to young people** and those who work with them about how to stay mentally well
- Providing **training for primary health care** and other professionals in identifying and supporting those with depression
- Providing self-help **resources and training for universities** and student-led organisations to promote resilience and mental wellbeing
- Delivering talks and training on **mental health in the workplace**, to employees, employers and line managers
- Supporting research and teaching in evidence-based therapies at the **Charlie Waller Institute** at the University of Reading

### Papyrus - Prevention of young suicide

HOPELINEUK on 0800 068 4141, text 07860 039967 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
<https://papyrus-uk.org/exam-season/>

#### SUPPORT:

We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

#### EQUIP:

We engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.

#### INFLUENCE:

We aim to shape national social policy and make a significant contribution to the local and regional implementation of national suicide prevention strategies wherever we can.

## **Child Line**

<https://www.childline.org.uk/about/about-childline/> 08001111

Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

## **Young Minds**

<https://youngminds.org.uk/about-us/>

leading charity fighting for children and young people's mental health

## **Number 18**

Number 18 (previously Quay Advice Centre), located in Poole town centre, provides confidential information and advice for young people aged 12 to 19 (or 25 if they have a special educational need). Information, Advice and Guidance (IAG) can also be offered to young people aged 16 to 19 who are not in education, employment or training.

If you need help with anything we are here to help. We can help you with issues such as:

- relationships
- education
- contraception
- alcohol/drugs
- housing
- education, employment, training and apprenticeships
- family problems
- health

To speak to someone about an issue you may have please call into Number 18 at the times below or telephone [01202 262291](tel:01202262291) or email [info@upinpoole.co.uk](mailto:info@upinpoole.co.uk). You can also check out the [Up In Poole website](#) or find us on [Facebook](#) and follow us on [Twitter](#).

## **CAMHS – Children and Adolescent mental health services**

01202 584600

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

## Listening Ear

is dedicated to providing the best possible counselling and training courses. Based in Bournemouth, Dorset, we provide a professional service, helping families to improve aspects of their lives that they find difficult to resolve alone...<https://www.the-listening-ear.org/>

## Advice for parents

### CALM

**The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.** Our helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. We're open 5pm–midnight, 365 days a year. For more info about the helpline service and call costs visit our [helpline page](#) or ring. 0800 58 58 58

## Family Lives

Parenting and family support from **Family Lives** (formerly Parentline Plus) through our website, helpline 0808 800 2222, email service at ...

Family Lives offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. For callers from Scotland, Children 1<sup>st</sup> run Parentline Scotland and you may wish to contact them on 08000 28 22 33 Monday to Friday from 9am - 9pm.

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

**Kidscape** – Support with Anti bullying issues

For our ***Parent Advice Line*** call 020 7823 5430 (Mon-Thurs, 9am-1pm)

- **Eating Disorders**

Restored – Dorset Mind – for more information

<https://dorsetmind.uk/help-and-support/support-groups/restored-eating-disorders/>