

'Love one another as Jesus loved us' (John 13 v 34-35)



General mental health advice and support
(including details of specialist agencies)

Young Minds Charity



<https://youngminds.org.uk>

TOG MIND (Tameside, Oldham and Glossop) Charity



in Greater Manchester

Local Minds working in partnership

<https://www.togmind.org>

Anna Freud Organisation - National Centre for Children and Families



<https://www.annafreud.org/about-us>

MIND Charity



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

Useful links for anyone who needs support for their own wellbeing or the wellbeing of others

Samaritans (helpline providing assistance for anyone struggling/distressed)

www.samaritans.org Freephone 24/7: 116123

Papyrus (helpline for young people)

Call: 0800 068 41 41 or text: 0778 620 9697 (Mon-Fri 10:00am-10:00pm, Weekends 2:00pm-10:00pm)

Email: pat@papyrus-uk.org

Calm (charity aiming to help men's mental health)

Call: 0800 58 58 58 (5:00pm-midnight every day)

Switchboard (lgbt+ advice and mental health hotline)

Call: 0300 330 0630 (10:00am-10:00pm everyday)

Email: chris@switchboard.lgbt

7 Cups of Tea (online counselling service)

www.7cups.com

Be Mindful (for mindfulness/meditation/calming tools)

www.bemindful.co.uk

Anxiety UK (for help, resources and information on anxiety)

www.anxietyuk.org.uk

Email: support@anxietyuk.org.uk

Student Listeners (Cranbrook School's student peer listening service)

www.studentlisteners.com

Family Lives (support forum advice for parents)

0808 800 222 www.familylives.org.uk

Kooth children and young adults free online counselling service

www.kooth.com

B-eat youth helpline 0808 801 0711

Childline 0800 1111 www.childline.org.uk