**Coronavirus**

**Important Information:**

As of 1st September 2020, each of our centres are fully open and operational. All students are expected to return to school and adhere to our Coronavirus risk assessment (emailed to parents).

For mental health support and advice, please contact each centre.

Below are links that parents or students may find useful for help and support during these stressful times:

[Stop it Now - The Lucy Faithfull Foundation](https://www.stopitnow.org.uk/?utm_campaign=1359393_Stop%20it%20Now%21%20helpline_Coronavirus_Schools&utm_medium=email&utm_source=Lucy%20Faithfull%20Foundation&dm_i=48W7,T4WX,5R9QA9,3IF8O,1)

[Mental Health Advice](http://www.mentalhealth.org.uk/)

[NHS Direct](https://www.nhs.uk/conditions/coronavirus-covid-19/)

[Carers UK](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=4&cad=rja&uact=8&ved=2ahUKEwiaxeXaocToAhXTi1wKHU0wCFwQFjADegQIBBAB&url=https%3A%2F%2Fwww.carersuk.org%2Fhelp-and-advice%2Fhealth%2Flooking-after-your-health%2Fcoronavirus-covid-19&usg=AOvVaw2IMyyC72l8Pe6uJOeD7cmA)

[Childline](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/)

[Gov.UK](https://www.gov.uk/coronavirus)

[Citizens Advice](https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/)

**Useful contacts**

Action for Children

[actionforchildren.org.uk](https://www.actionforchildren.org.uk/)
Charity supporting children, young people and their families across England.

Anxiety UK

03444 775 774 (helpline)
07537 416 905 (text)
[anxietyuk.org.uk](https://www.anxietyuk.org.uk/)
Advice and support for people living with anxiety.

Beat

0808 801 0711 (youthline)
0808 801 0811 (studentline)
[beateatingdisorders.co.uk](https://www.beateatingdisorders.org.uk/)
Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

Campaign Against Living Miserably (CALM)

0800 58 58 58 (UK helpline)
0808 802 58 58 (London helpline)
[thecalmzone.net](https://www.thecalmzone.net/)
Provides listening services, information and support for men at risk of suicide, including web chat.

Centrepoint

0808 800 0661
[centrepoint.org.uk](https://centrepoint.org.uk/)
Provides advice, housing and support for young people aged 16–25 who are homeless or at risk of homelessness in England.

Childline

0800 1111
[childline.org.uk](https://www.childline.org.uk/)
Support for children and young people in the UK, including a free 24-hour helpline.

FRANK

0300 123 6600
[talktofrank.com](https://www.talktofrank.com/)
Confidential advice and information about drugs, their effects and the law.

Hope Again

0808 808 1677
[hopeagain.org.uk](https://www.hopeagain.org.uk/)
Support for young people when someone dies.

Hub of Hope

[hubofhope.co.uk](https://hubofhope.co.uk/#/)
A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

Kooth

[kooth.com](https://www.kooth.com/)
Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

Me and My Mind

[meandmymind.nhs.uk](http://meandmymind.nhs.uk/)
Advice and support for young people struggling with unusual experiences, such as hearing voices.

Mencap

0808 808 1111
[mencap.org.uk](https://www.mencap.org.uk/)
Information and advice for people with a learning disability, families and carers.

National Society for the Prevention of Cruelty to Children (NSPCC)

0800 800 5000
0800 1111 (18 or under)
[nspcc.org.uk](https://www.nspcc.org.uk/)
Support for children and anyone worried about a child.

NHS Go

[nhsgo.uk](https://nhsgo.uk/)
NHS app with confidential health advice and support for 16–25 year olds.

No Panic

0330 606 1174
[nopanic.org.uk/no-panic-youth-hub](https://nopanic.org.uk/no-panic-youth-hub/)
Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

OCD Youth

[ocdyouth.org](https://ocdyouth.org/contact/)
Youth Support for young people with obsessive-compulsive disorder (OCD).

On My Mind

[annafreud.org/on-my-mind](https://www.annafreud.org/on-my-mind/)
Information for young people to make informed choices about their mental health and wellbeing.

Papyrus HOPELINEUK

0800 068 41 41
07786 209697 (text)
[papyrus-uk.org](https://www.papyrus-uk.org/)
Confidential support for under-35s at risk of suicide and others who are concerned about them.

Refuge

0808 200 0247
[refuge.org.uk](https://www.refuge.org.uk/)
Help and support for young people affected by domestic violence.

Relate

0300 003 0396
[relate.org.uk](https://www.relate.org.uk/)
Provides help and support with relationships, including counselling, telephone counselling and anonymous live chat.

Rethink Mental Illness

0300 5000 927
[rethink.org](https://www.rethink.org/)
Provides support and information for anyone affected by mental health problems, including local support groups.

Safeline

0808 800 5007
[safeline.org.uk](https://www.safeline.org.uk/)
Young people’s helpline, helping survivors of sexual abuse and rape.

Samaritans

116 123
[samaritans.org](https://www.samaritans.org/)
Freepost RSRB-KKBY-CYJK
PO Box 90 90
Stirling FK8 2SA
jo@samaritans.org
24-hour emotional support for anyone who needs to talk.

Shelter

[shelter.org.uk/youngpeople](http://england.shelter.org.uk/housing_advice/housing_for_young_people)
Charity working for people in housing need by providing free, independent, expert housing advice.

The Mix

0808 808 4994
85258 (crisis messenger service, Text THEMIX)
[themix.org.uk](https://www.themix.org.uk/)
Support and advice for under 25s, including webchat.

Time to Change

[time-to-change.org.uk](https://www.time-to-change.org.uk/) (England)
[timetochangewales.org.uk](https://www.timetochangewales.org.uk/) (Wales)
National campaign to end stigma and discrimination against people with mental health problems in England and Wales.

Victim Support

0808 168 9111
[victimsupport.org.uk](https://www.victimsupport.org.uk/)
Provides emotional and practical support for people affected by crime and traumatic events.

Voice Collective

[voicecolleactive.co.uk](http://www.voicecollective.co.uk/)
Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs.

Women's Aid (England)

0808 2000 247
[womensaid.org.uk](https://www.womensaid.org.uk/)
Information and support for women and children experiencing domestic abuse, including a directory of local services.

YoungMinds

0808 802 5544 (parents helpline)
85258 (crisis messenger service, text YM)
[youngminds.org.uk](https://www.youngminds.org.uk/)
Committed to improving the mental health of babies, children and young people, including support for parents and carers. [Provides information on medication for young people.](https://youngminds.org.uk/find-help/medications/)

Young Stonewall

0800 050 2020
[youngstonewall.org.uk](https://www.youngstonewall.org.uk/)
Information and support for all young lesbian, gay, bi and trans people.

Youth Access

[youthaccess.org.uk](https://www.youthaccess.org.uk/)
Advice and counselling network for young people, including details of free local services.