

Directory of mental health and wellbeing support and advice services

Services which may be able to provide support for children

Specialised support accessed through a referral process;

Support Agency	What they do	Contact details	Website
Branching Minds	<p>A collaboration between local mental health support teams (MHST) and child and adolescent mental health services (CAMHS) in Barnsley.</p> <p>Branching Minds Barnsley brings together both services under one roof, helping children, young people and their families get the right support at the right time, whilst providing more seamless care.</p> <p>Children and young people, families, carers and professionals can request support for mental health and emotional wellbeing issues centrally from the newly joined-up service.</p>	01226 107377	http://www.compass-uk.org/services/barnsley-mhst

General Support

Support Agency	What they do	Contact details	Website
TADS wellbeing centre	A charity in Barnsley offering emotional well-being support through group work to young people and parent/carers.	01226 872120 admin@tadsbarnsley.co.uk	
Child Line / NSPCC	Run a free 24-hour helpline, email service and online and phone counselling service for children and young people in the UK.	0800 11 11	nspcc.org.uk
Samaritans	Emotional support for anyone feeling down, experiencing distress or struggling to cope.	116 123	samaritans.org

The Mix	Offer a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support	0800 808 4994	Themix.org.uk
Muslim Youth Helpline	Helpline and webchat support and signposting for all issues	0808 808 2008	
Hub of Hope	A national database of mental health charities and organisations from across Britain who offer mental health advice and support.		hubofhope.co.uk
On My Mind	Information for young people to make informed choices about their mental health and wellbeing.	AFC Crisis messenger; text AFC to 85258	annafreud.org/on-my-mind

Support with Specific mental health difficulties

Support Agency	What they do	Contact details	Website
Anxiety Uk	Advice and support for people living with anxiety.	03444 775 774 (helpline) 07537 416 905 (text)	anxietyuk.org.uk
Me and my mind	Advice and support for young people struggling with unusual experiences, such as hearing voices.		meandmymind.nhs.uk
No Panic	Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).	0330 606 1174	nopanicyouthhub.org.uk
OCD Youth	Youth Support for young people with obsessive-compulsive disorder (OCD).		ocdyouth.org
Voice Collective	Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs.		voicecollective.co.uk

Suicide prevention

Support Agency	What they do	Contact details	Website
Papyrus / Hope Line UK	PAPYRUS is the national charity dedicated to the prevention of young suicide. Advisors trained to help you focus on staying safe from suicide. They can provide advice and support that may help you to stay safe.	Call: 0800 068 41 41 Text: 07860 039967 Email: pat@papyrus-uk.org	https://www.papyrus-uk.org/hopelink/

Support with bereavement.

Support Agency	What they do	Contact details	Website
Hope again	Support for young people when someone dies.	0808 808 1677	hopeagain.org.uk
Child Bereavement UK	We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live.	0800 02 888 40	How we can support you Child Bereavement UK

Support for people who have/care for those who have learning disabilities

Support Agency	What they do	Contact details	Website
Mencap	Information and advice for people with a learning disability, families and carers.	0808 808 1111	mencap.org.uk

Support with eating disorders

Support Agency	What they do	Contact details	Website
Beat	Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.	0808 801 0711 (youthline) 0808 801 0811 (studentline)	beateatingdisorders.co.uk

Support with drug/alcohol concerns

Support Agency	What they do	Contact details	Website
Frank	Confidential advice and information about drugs, their effects and the law.	0300 123 6600	talktofrank.com

Advice and support around LGBTQ+

Support Agency	What they do	Contact details	Website
Switchboard	the LGBTQ+ helpline, webchat, and nationwide database of LGBTQ+ services	0300 330 0630	Switchboard
Stonewall Youth	information on coming out, health, and LGBTQ community groups near you	08000 50 20 20	youngstonewall.org.uk

Support for those who have experienced abuse

Support Agency	What they do	Contact details	Website
Refuge	Help and support for young people affected by domestic violence.	0808 200 0247	refuge.org.uk
Safeline	Young people's helpline, helping survivors of sexual abuse and rape.	0808 800 5007	safeline.org.uk