

Student Directory of Services

General support

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

Young Minds charity <https://youngminds.org.uk/>

NHS mental health signposting <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

The Mix <https://www.themix.org.uk/>

Supporting Teenage Mental Health <https://stem4.org.uk/>

Bullying

National bullying helpline <https://www.nationalbullyinghelpline.co.uk/>

Kid Power <http://www.kidpower.org>

Kidscape <http://www.kidscape.org.uk>

Bereavement

Winston's wish <https://www.winstonswish.org>

Grief Encounters <http://www.griefencounter.org.uk>

Child Bereavement <http://childbereavementuk.org>

Stand By Me <http://stand-by-me.org.uk>

Eating disorders

B-eat charity <https://www.b-eat.co.uk>

Sexual health and relationships

NHS Chat health NHS free text line 07480 635050

Health for teens www.healthforteens.co.uk

Healthy relationship advice <http://www.disrespectnobody.co.uk>

Anxiety

Anxiety charity <https://www.anxietyuk.org.uk/>

No Panic Charity <https://nopanic.org.uk/>

Depression

Charlie Waller Memorial Trust <https://www.cwmt.org.uk/>

Suicide awareness and support

MindEd Trust <http://themindedtrust.org>

The OLLIE foundation <http://www.theolliefoundation.org>

Papyrus UK <https://www.papyrus-uk.org>

Call: 0800 068 41 41

Text: 07786 209697

Mental health crisis team 0300 777 0707

Hector's House <https://hectorshouse.org.uk>

Samaritans 116 123