

Mental Health Support Quick Reference Sheet

GENERAL MENTAL HEALTH		Somerset & Wessex Eating Disorders Association	RELATIONSHIPS	DEPRESSION & ANXIETY	PROFESSIONALS	HELPLINES ☎	APPS
Kooth Free, safe and anonymous online support for young people kooth.com	Samaritans Advice and Support Samaritans.org	Provide support to anyone affected by eating disorders and all related conditions swedauk.org	2BU Somerset Youth Support Group, advice and guidance for LGBTQ+ 2bu-somerset.co.uk	Students Against Depression Resources to support with stress, low mood, depression or suicidal thinking. studentsagainstdepression.org	Mind Ed e-learning Free educational resource on Mental Health minded.org.uk	Kooth Free, safe and anonymous online messaging with trained counsellors kooth.com	 Cove Mood and music journal
Child Line Information and advice. Free, confidential chat service (under 19s). Phone, email or online. childline.org.uk Tel 0800 1111	Rethink Mental health charity support & advice rethink.org	Somewhere House Counselling and Educational Workshops somerwherehousesomerset.org	Swish Somerset wide integrated sexual health services swishservices.co.uk	Charlie Waller Memorial Trust (CWMT) Support & resources for depression cwmt.org.uk	Samaritans in Education (DEAL) Free online teaching resources Samaritans.org	Child Line Free and confidential chat service (under 19s) Phone, email or online childline.org.uk 0800 1111	 Smiling mind Mindful meditation app
Time to change Personal stories, advice and support. Getting people talking about mental health time-to-change.org.uk	Stem 4 Eating disorders, depression and anxiety, self-harm affecting teenagers stem4.org.uk	Somerset Suicide bereavement support suicidebereavement.wixsite.com/somerset Helpline: 0300 330 5463	SUBSTANCE MISUSE Talk to Frank Friendly confidential drug advice talktofrank.com	Anxiety UK Support for people living with anxiety www.anxietyuk.org.uk	EHCAP Mindful Emotion Coaching information and e-learning emotioncoaching.co.uk	Samaritans Free advice and support anytime Samaritans.org 116 123	 Catch it Making sense of your moods
Student Minds Mental health support at University studentminds.org.uk	CALM Campaign against living miserably thecalmzone.net	Pheonix Project Support for Children & young people around sexual abuse barnados.org.uk/somerset phoenixproject.htm	Drug Free Supporting families, struggling with their child's substance use drugfree.org	EATING DISORDERS Beat Information, facts and help with eating disorders beateatingdisorders.org.uk	Place2Be Offers counselling in schools and online resources place2be.org.uk	PARENTS Somerset Children & Young People Health and Wellbeing Somerset Wellbeing Framework and other resources cypsomersethealth.org	 Headspace Guided meditation and mindfulness
The Mix Essential support for under 25s 1-2-1 chat, Crisis messenger 0808 808 4994 themix.org.uk	Bullying UK Bullying support and advice for young people, parents and professionals bullying.co.uk	The Space Weekly drop-in centre in Cheddar for young people aged 13-18 years.	SUICIDE & SELF-HARM Papyrus Preventing young suicide papyrus-org.uk 0800 068 41 41	ABC Anorexia and bulimia care anorexiabulimiacare.org.uk	Anna Freud National Centre for Children & Families School Mind Network annafreud.org	Mind Ed E-learning (free educational resource on Mental Health) minded.org.uk	 SAM Self-help for anxiety management
Young Minds Young People's mental health youngminds.org.uk	SOMERSET SUPPORT South Somerset Mind – Youth Matters Support Groups for young people in Langport, Yeovil, Chard & Frome Southsomersetmind.co.uk/youth-matters-11-18	Young Citizens Advice Taunton Deane only Advice line: 0344 889623 citizensadvicetaunton.org.uk	Charlie Waller Memorial Trust (CWMT) Support for those affected by self-harm cwmt.org.uk/resources	BEREAVEMENT Winston's Wish Charity Bereavement support winstonswish.org.uk	Somerset Children & Young People Health and Wellbeing Somerset Wellbeing Framework and other resources cypsomersethealth.org	Young Minds Parent Helpline 0808 802 5544 youngminds.org.uk	 MindShift Supports teens and young Adults to cope with anxiety
Mind Mental Health Charity mind.org.uk	2BU Youth support group for LGBTQ aged 13-24 2bu-somerset.co.uk	You-th Space Free counselling service in Frome for 15-18 year olds wessexcp.co.uk	Grassroots Suicide prevention information and resources prevent-suicide.org.uk	Grief encounters Helping children through bereavement griefencounter.org.uk	Time to change Resources for youth professionals time-to-change.org.uk	Charlie Waller Memorial Trust (CWMT) Guides for parents/carers for depression and self-harm cwmt.org.uk/resources	 Calm harm Manage the urge to self-harm