

Support and Advice for Young people:

Open Door: OpenDoorSW@gmail.com **07803 178794**

Open Door is a Saffron Walden based and offer **free** counselling and advice to anyone aged 13-26 years

HOPELINE247. If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: [0800 068 4141](tel:08000684141)

Text: [88247](tel:88247)

Email: pat@papyrus-uk.org

Childline 0800111

Website offers: 'advice right now', direct contact, message boards, videos on a broad range of subjects and guidance on all things!

THE MIX:

Offers essential support for anyone aged 12-25.

For their crisis messenger support service, text: **TheMIX to 852558**

The Samaritans: Free to call 24/7 dial 116123

Website offers telephone, email, on-line chat or in person options for contact

Mind: <https://www.mind.org.uk/for-young-people/how-to-get-help-and-support>

Fantastic selection of advice and guidance, videos

SET CAMHS (Child and Adolescent Mental Health Services):

You can get in touch directly with SET CAMHS during working hours 9.00am – 5.00pm Monday to Friday on **0300 300 1600** and for out of hours support call the general NELFT switchboard on **0300 555 1201** and ask for the **SET CAMHS Crisis Support Services**

NHS: for emergency support: **999** or **111** for advice and guidance

Alumina:

Free online **self-harm** support for 10 to 17 year olds: <https://www.selfharm.co.uk/>

'Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey'.

YCT: <https://yctsupport.com/aboutus/>

YCT is a counselling and therapeutic support charity. They specialise in supporting children and young people aged 5 – 25 years, their families and the professionals who work with them.

Young Minds: <https://www.youngminds.org.uk/young-person/>

Young Minds have lots of advice and guidance on their website, they will help direct you to support services

Kooth: [kooth.com](https://www.kooth.com)

Online support and counselling for young people

Advice and Support for Parents

Mind: support for parents

<https://www.mind.org.uk/search-results/?q=support+for+parents#stq=support%20for%20parents&stp=1>

The Mind directory has an extensive range of advice, guidance and support for parents

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Young Minds: <https://www.youngminds.org.uk/parent/> support for parents and carers of children and young people 25 and under

Support via online guides and directories, parent helpline

NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Support via online guides and directories, parent helpline

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<https://www.samaritans.org/search/?query=support+for+parents>

Website offers telephone, email, on-line chat or in person options for contact

Childline 0800111

<https://www.childline.org.uk/info-advice/home-families/>

Kooth: kooth.com, parent carer brochure

[https://frimley-](https://frimley-healthtiertogether.nhs.uk/application/files/1616/3724/7159/Parent_and_Carer_Brochure_CO2.pdf)

[healthtiertogether.nhs.uk/application/files/1616/3724/7159/Parent_and_Carer_Brochure_CO2.pdf](https://frimley-healthtiertogether.nhs.uk/application/files/1616/3724/7159/Parent_and_Carer_Brochure_CO2.pdf)