

Children's mental health support

Navigating mental health can be challenging for children, who often struggle to express their feelings and cope with various pressures. As a parent or carer, if you're worried about a child's wellbeing, several organisations provide support.

NSPCC

Helping to keep children safe, offering support through their helpline, counselling service and resources for both children and parents.

0808 800 5000
Childline (under 18s): 0800 1111

help@nspcc.org.uk
nspcc.org.uk

YOUNGmINDS

Supports young people's mental health with advice, campaigns, and a parents' helpline.

Parents Helpline: 0808 802 5544

youngminds.org.uk


Barnardos
No child gets left behind

Provides support services for vulnerable children and young people, including mental health, counseling services and local support teams.

0800 008 7005

barnardos.org.uk

THE MIX
Essential support for under 25s

Provides mental health support and resources for people under 25, including helpline, webchat, and counseling.

0808 808 4994
In crisis text **THEMIX** to 85258

themix.org.uk



Offers in-school mental health support and training for children, parents, and teachers.

0207 923 5500

place2be.org.uk

CHILDREN'S MENTAL HEALTH SUPPORT



Online mental health platform offering free counseling and peer support for young people.

kooth.com



Available 24/7 for anyone needing emotional support, offering free confidential help by phone or email.

116 123

jo@samaritans.org
samaritans.org



Promotes mental health awareness and provides support for young people and adults, including helplines and local services.

Infoline: **0300 123 3393**
Support line: **0300 102 1234**

mind.org.uk



UK-wide mental health database connecting people with local mental health services. Simply enter your postcode to understand what support is local to you.

hubofhope.co.uk



To get help for your child's mental health you'll need to talk to someone who can put you in touch with your local children and young people's mental health services.

This is usually called a referral. You could speak to: a teacher or school nurse, a GP, a youth worker, a social worker, or a paediatrician.

Support options will vary depending on where you live but can include:

- **Mental health support teams (MHSTs)** in schools and colleges
- NHS-funded services from **local mental health organisations**, such as charities and social enterprises
- **NHS services** - you may hear these called children and adolescent mental health services (CAMHS)

nhs.uk/mental-health/children-and-young-adults