

Support for Children's Emotional, Mental and Physical Wellbeing

Anna Freud National Centre for Children and Families

Committed to supporting the mental health and wellbeing of infants, children and families

- www.annafreud.org (for all ages)

Chat Health

Information from Healthy Together and NHS Leicestershire regarding support for health matters:

- [ChatHealth-Parent/Carers](#) (for parents/carers of children/young people aged 5-19)
- [ChatHealth - Secondary](#) (for secondary school pupils)

Childline

A confidential line for children to call if they need help or advice about any topic. No problem is too big or too small:

- www.childline.org.uk (interactive website providing support and a helpful toolbox feature)
- 0800 1111 (available 9am to midnight)
- [Online counselling](#) (available 9am to midnight)

Kooth

A free online counselling and emotional wellbeing platform for children and young people.

- www.kooth.com

Liverpool CAMHS

Wellbeing resources for children and young people.

- wakelet.com

Papyrus UK

A free national helpline providing confidential advice to young people at risk of suicide:

- 0800 0684141 (call anytime)
- 07786 209697 (text anytime)

Samaritans

Provides local and national helplines to give support for all ages

- 0116 2700007 (local line – call charges apply)
- 116 123 (national line – free of charge)
- www.samaritans.org

Young Minds

The UK's leading charity supporting children's and young people's mental health:

- YoungMinds (resources and information – aimed at older children)

- Text Shout to 85258 (free, 24/7 text service for young people in crises anytime, anywhere)
- Text YM to 85258 (free, 24/7 text service for young people needing urgent help)