

# Support During Lockdown



Category	Service	Information	Website
All mental health	CAMHS	Online access to NHS mental health services	<a href="#">NHS CAMHS</a>
All mental health	Childline	Online and phone support	<a href="#">CHILDLINE</a>
All mental health	CHUMS	Mental health and emotional wellbeing service for young people	<a href="#">CHUMS</a>
All mental health	Keep Your Head	Information on well-being and mental health	<a href="#">KEEP YOUR HEAD</a>
All mental health	Kooth	Online mental wellbeing community	<a href="#">KOOOTH</a>
All mental health	Samaritans	24/7 emotional support	<a href="#">SAMARITANS</a>
All mental health	Shout	Free 24/7 Text support service	<a href="#">GIVE US A SHOUT</a>
All mental health	STEM	Supporting teenage mental health	<a href="#">STEM 4</a>

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<b>All mental health</b>	The Mix	Support service with an online community and confidential helpline	<a href="#"><u>THE MIX</u></a>
<b>All mental health</b>	Young Minds	Recognising mental health symptoms, how to cope and where to get help	<a href="#"><u>YOUNG MINDS</u></a>
<b>Abuse</b>	Cambridgeshire Rape Crisis	Helpline, email and group support	<a href="#"><u>CAMBRIDGE RAPE CRISIS</u></a>
<b>Abuse</b>	PACE	Understanding child sexual exploitation	<a href="#"><u>PACE</u></a>
<b>Abuse</b>	Refuge	Free domestic abuse helpline and online support	<a href="#"><u>NATIONAL DA HELPLINE</u></a>
<b>Abuse</b>	The Elms	24/7 support to anyone who has experienced sexual abuse	<a href="#"><u>THE ELMS</u></a>
<b>Abuse</b>	The Hideout	Understanding domestic abuse and where to get support	<a href="#"><u>THE HIDEOUT</u></a>



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<b>COVID</b>	Mind	Support for young people, looking after your wellbeing during Coronavirus	<a href="#"><u>MIND - COVID SUPPORT</u></a>
<b>COVID</b>	Young People's Health		<a href="#"><u>YOUNG PEOPLES HEALTH - COVID SUPPORT</u></a>
<b>COVID</b>	Youth Access		<a href="#"><u>YOUTH ACCESS - COVID SUPPORT</u></a>
<b>Eating disorder</b>	BEAT	Supporting anyone affected by an eating disorder	<a href="#"><u>BEAT</u></a>
<b>Gender and Identity</b>	Kite Trust	Offering 1-2-1 support	<a href="#"><u>THE KITE TRUST</u></a>
<b>Offending</b>	Ormiston Families	Offering support to young people affected by imprisonment within the family	<a href="#"><u>ORMISTON</u></a>
<b>Online</b>	Bullying	Cyberbullying support	<a href="#"><u>BULLYING</u></a>
<b>Online</b>	National Bullying Helpline	Online bullying support – social media	<a href="#"><u>NATIONAL BULLYING HELPLINE</u></a>



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<b>Online</b>	Think U Know	Keeping young people safe online	<a href="#"><u>THINK U KNOW</u></a>
<b>Self-harm</b>	Harmless	Providing support to anyone struggling with self-harm	<a href="#"><u>HARMLESS</u></a>
<b>Substance</b>	Casus	Information, support and treatment around drug and alcohol use	<a href="#"><u>NHS - CASUS</u></a>
<b>Substance</b>	NACOA	Support and advice for anyone affected by a parent's drinking	<a href="#"><u>NACOA</u></a>
<b>Substance</b>	Talk to Frank	Support around drugs	<a href="#"><u>FRANK</u></a>
<b>Suicide</b>	Papyrus	Phone and online support for people experiencing suicidal thoughts	<a href="#"><u>PAPYRUS</u></a>



# Self-Help Tools

Category	Service	Information	Contact
All	CAMHS	Downloadable PDF self-help guides	<a href="#">CAMHS - DOWNLOADS</a>
All	CHUMS	Downloadable information on Mindfulness, self-harm, sleep, low mood and more	<a href="#">CHUMS - DOWNLOADS</a>
All	On My Mind	Self-care strategies	<a href="#">ON MY MIND - SELF CARE</a>
Anxiety, depression	NHS	Mental wellbeing audio guides including: anxiety, depression, low confidence and sleep issues	<a href="#">NHS - WELLBEING AUDIO GUIDES</a>
Emotional distress	Body and Soul Charity	Weekly livestream sessions and YouTube videos to help manage emotional distress	<a href="#">LIVE STREAM SESSIONS</a>
Meditation	Headspace	Understanding all the types of meditation	<a href="#">HEADSPACE</a>
Self-harm	Harmless	Downloadable resources offering awareness, help and support	<a href="#">HARMLESS - RESOURCE HUB</a>
Self-harm	Self Harm	Free online 7 week course	<a href="#">SELF HARM</a>



# Useful Apps During Lockdown

Category	Service	Information	Contact
<b>Abuse</b>	Bright Sky	Access to domestic abuse support services and nationwide helplines	<a href="#">BRIGHT SKY</a>
<b>All Mental Health</b>	Combined Minds (part of STEM)	Combined Minds is a free app to help families and friends provide mental health support.	<a href="#">COMBINED MINDS</a>
<b>Anxiety</b>	Clear Fear (part of STEM)	Clear Fear is a free app to help children and young people manage the symptoms of anxiety.	<a href="#">CLEAR FEAR</a>
<b>Meditation</b>	Headspace	Variety of meditation tools and support	<a href="#">HEADSPACE</a>
<b>Meditation /Sleep</b>	Medito	Free app offering guided meditation, sleep, mantras	<a href="#">MEDITO FOUNDATION</a>
<b>Self-harm</b>	Calm Harm (part of STEM)	Help you to resist or manage the urge to self-harm and can help to reduce anxiety.	<a href="#">CALM HARM</a>
<b>Sleep</b>	Sleep Sounds	Create or used pre-created sounds to support sleep	<a href="#">SLEEP SOUNDS</a>
<b>Positivity</b>	What's Up	Use the positive and negative habit tracker to maintain your good habits	<a href="#">WHATS UP</a>



# Additional Support for Sixth Form

Category	Service	Information	Contact
<b>All Mental Health</b>	Centre 33	Support for mental health, caring responsibilities, housing and health	<a href="#">CENTRE 33</a>
<b>Bereavement</b>	STARS	Bereavement support, self-referral	<a href="#">TALK TO STARS</a>
<b>Crisis</b>	NHS	24 hour support for people in mental health crisis	111, option 2
<b>Exam Stress</b>	Samaritans	Support for exam stress and coping strategies	<a href="#">SAMARITANS</a>
<b>Mental Health</b>	NHS - CPFT	Self-referral for NHS Psychological Wellbeing Service (age 17+)	<a href="#">CPFT SELF REFERRAL</a>
<b>Mental Health</b>	SANEline	Emotional support, guidance and information for anyone affected by mental illness	<a href="#">SANE</a>