



Support During Lockdown

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

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



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



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



Self-Help Tools

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



Useful Apps During Lockdown

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



Additional Support for Sixth Form

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