

# Supporting Children, Young People & their Families

## Telephone Helplines

**Childline - 0800 1111**

[www.childline.org.uk](http://www.childline.org.uk)



Open 24/7

Helps anyone under 19 in the UK with any issue they are going through.

**HOPElineUK - 0800 068 4141**



Monday to Friday, 10am-5pm & 7pm-10pm  
Saturday & Sunday, 2pm-5pm

**Samaritans - 116 123**

[www.samaritans.org](http://www.samaritans.org)



Open 24/7

Support for anything, and working to prevent suicide.

**SANEline - 0300 304 7000**



Monday to Sunday, 4.30pm-10.30pm

A leading mental health charity, improving quality of life for anyone affected by mental illness, including family friends and carers.

## Textcare

[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Comfort and care via text message, sent when the person needs it most.

**NSPCC - 0808 800 5000**



[www.nspcc.org.uk](http://www.nspcc.org.uk)

Providing support & advice on child safety, abuse, neglect and child protection.

## Mobile Phone Apps NHS Approved



**Big White Wall**



**Blue Ice and Calm Harm**

Reduce urges to self harm.



**DistrACT**

Information and advice about self harm and suicidal thoughts.



**Catch It**

Manage negative thoughts.



**Silver Cloud**

Managing stress and anxiety.



# Croxley Green

BAPTIST CHURCH

*Devoted to Christ, His People, His Mission*

225 Baldwins Lane, Croxley Green WD3 3LH

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Website: [www.croxleybaptist.co.uk](http://www.croxleybaptist.co.uk)

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# Croxley Green

BAPTIST CHURCH  
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## Support Resources for Children, Young People and their Families



## Mental Health Organisations

### Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)



The UK's leading charity fighting for children and young people's mental health.

### Heads Together

[www.headstogether.org.uk](http://www.headstogether.org.uk)



A mental health initiative tackling stigma and changing the conversation on mental health.

### Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)



The leading UK charity for the prevention of young suicide.

### Anxiety UK

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)



Working with external agencies & healthcare professionals to relieve & support those living with anxiety & anxiety-based depression.

### Rethink Mental Illness

[www.rethink.org](http://www.rethink.org)



Helping improve the lives of people affected by mental illness through their network of local groups & services, expert information & successful campaigning.

### Sane

[www.sane.org.uk](http://www.sane.org.uk)



Working to improve the quality of life for anyone affected by mental illness.

### Kooth

[www.kooth.com](http://www.kooth.com)



Offering free, safe and anonymous online support for young people, including an online counselling service.

### Selfharm UK

[www.selfharm.co.uk](http://www.selfharm.co.uk)



Dedicated to supporting young people impacted by self-harm, providing a safe space to talk, question & be honest about what's going on in their lives.

### CAMHS

[www.hpftcamhs.nhs.uk](http://www.hpftcamhs.nhs.uk)



Providing community & specialised services; AFDASH Adolescent & Families Drug & Alcohol Service, CCATT Children's Crisis Assessment & Treatment Team & CED Community Eating Disorders Team.

### Anna Freud

[www.annafreud.org](http://www.annafreud.org)



A leading mental health charity for children and young people, delivering pioneering care for 60+ years, specialising in developing self care strategies.

## Eating Disorders

### Beat Eating Disorders

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)



Offering practical support, help through recovery, treatment advice & support for family & friends.

### Anorexia & Bulimia Care

[www.anorexiabulimiicare.org.uk](http://www.anorexiabulimiicare.org.uk)



Providing on-going care, emotional support and guidance for those affected, their parents, families & friends.

### Boy Anorexia

[www.boyanorexia.com](http://www.boyanorexia.com)



Providing support, comfort, information & advice for anyone concerned about a boy or young man's eating habits and exercise patterns.

## Autism

### National Autistic Society

[www.autism.org.uk](http://www.autism.org.uk)



Offering help for autistic people and their families, focussing on transforming lives, changing attitudes and creating a society that works for autistic people.

## Drugs & Substance Misuse

### Talk to Frank

[www.talktofrank.com](http://www.talktofrank.com)



Providing frank information on all aspects of drug and substance misuse, including access to Hertfordshire's Drug and Alcohol Recovery Service, working with people over 18 who would like to access support for their drug or alcohol misuse. This includes support for friends, families and carers.

### Change, Grow, Live

[www.changegrowlive.org](http://www.changegrowlive.org)



Offering help for alcohol and drugs related issues, supporting young people, those in the criminal justice system and anyone looking to live a healthier, happier life.

## LGBTQ+ Communities

### Diverse Church

[www.diversechurch.website](http://www.diversechurch.website)



Planting grass roots communities of LGBTQ+ Christians. Promoting Christianity amongst lesbian, gay, bisexual, trans, asexual, and intersex (LGBTQ+), in particular amongst those without access to Christian support for their sexuality and/or gender. Enabling the wider church to discover the gift of LGBTQ+ Christians in their midst.

### Mosaic LGBT Youth Centre

[www.mosaicyouth.org.uk](http://www.mosaicyouth.org.uk)



Enhancing and sustaining the health and well-being of young Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and more (LGBTQ+) communities by providing activities, programs and services that support, educate and inspire.

### Mermaids

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)



Supporting gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.