Supporting Children, Young People & their Families

Telephone Helplines

Childline - 0800 1111 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 HOPELine Monday to Friday, 10am-5pm & 7pm-10pm Saturday & Sunday, 2pm-5pm

Samaritans - 116 123

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 **SANE** 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

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

NSPCC - 0808 800 5000 NSPCC

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

Tel: 01923 710780

Website: www.croxleybaptist.co.uk E-mail: office@croxleybaptist.co.uk



Mental Health Organisations

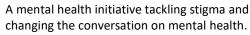
Young Minds

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

Heads Together

www.headstogether.org.uk

www.youngminds.org.uk





Papyrus

www.papyrus-uk.org

The leading UK charity for the prevention of young suicide.



Anxiety UK

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

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

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



Kooth

www.kooth.com



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

Selfharm UK

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



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



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

Eating Disorders

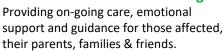
Beat Eating Disorders www.beateatingdisorders.org.uk



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

Anorexia & Bulimia Care

www.anorexiabulimiacare.org.uk



Boy Anorexia

BOYS GET ANOREXIA

& anorexia bulimia

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



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



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

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

Planting grass roots communities of LGBT+ 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 LGBT+ Christians in their midst.

Mosaic LGBT Youth Centre

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

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