

Organisations who can offer general advice and point you in the right direction:

- **Adur Find it Out Centre:** www.westsussex.gov.uk/education-children-and-families/your-space/life/finditout-centres/adur-finditout-centre
Tel: 01903 763639 Address: Lancing Youth Centre, Penhill Road, Lancing, BN15 8HA
If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information on anything from training and careers, to family and relationships, health and emotional support. If you want to talk to someone in confidence you just need to make an appointment. If you have an issue that they can't help you with, they will put you in touch with somebody who can. As well as advice and information there is free internet access.
- **www.childline.org.uk** Tel: 0800 1111. Can provide help for anyone under 19 in the UK with any issue they're going through including bullying and abuse, your health and your body, feelings, friends, relationships and sex, family issues, school work.
- **www.youngminds.org.uk/find-help** Can provide support and point you in the direction with a range of issues including abuse, anger, bullying, online pressures, death and loss, young carers, problems eating or sleeping, mental health, self-harm, drug use, stress, school issues.
- **www.samaritans.org** Tel: 116 123 . Anyone can contact Samaritans. They offer a safe place for you to talk any time you like, in your own way, no matter how old you are. They can help with any issues including appearance, problems at school or college, how people are treating us, worries about exams or money.

Health including mental health:

- **ChatHealth:** Confidential support and advice on any health issues from a school nurse via text messages, available for young people aged 11-19 throughout the year. The service covers a wide range of issues such as bullying, emotional health and wellbeing, healthy relationships , sleeping, eating and drug and alcohol issues.
Text: 07480635424 Mon-Fri 9.00am to 4.30pm.
www.sussexcommunity.nhs.uk/news/virtualschool-textmessaging-service.htm
- **www.themix.org.uk/mental-health** Tel: 0808 808 4994. Free, confidential helpline service for young people under 25 who need help, but don't know where to turn. www.beateatingdisorders.org.uk Tel: 0808 801 0711. Provide support to anyone affected by eating disorders.
- **www.mind.org.uk** Tel: 0300 123 3393 or text 86463. Can point you in the right direction with any mental health concerns.
- **www.ditchthelabel.org** Can help young people with issues related to improving mental health, body image, coming out and building confidence and self-esteem.

Drugs/alcohol/smoking/substance misuse:

- **www.changegrowlive.org/young-people/west-sussex-children-young-people-drug-alcohol-wellbeing-service** Tel: 0300 303 8677 Text: 07779 339954 Email wsypsms@cgl.org.uk Change Grow Live and The West Sussex Young Persons Substance Misuse Service (WSYPSMS) offers flexible, confidential treatment and support on all aspects of drug and alcohol misuse for young people aged up to 24 years. Appointments are at a venue to suit and drop-ins are held around the county, including Find It Out Centres.
- **www.talktofrank.com** Tel: 0300 123 6600 or text: 82111. Lots of information if you are worried about anything related to drug misuse, such as peer pressure or supporting a friend.
- **www.mentoruk.org.uk** Tel: 020 7739 8494. Email admin@mentoruk.org Mentor UK is a non-government organisation with a focus on protecting the health and wellbeing of children and young people to reduce the damage that drugs can do to their lives.

- www.alcoholconcern.org.uk Tel: 020 7264 0510. Email: contact@alcoholconcern.org.uk Alcohol Concern works to reduce the incidence and costs of alcohol-related harm and to increase the range and quality of services available to people with alcohol-related problems.
- www.starsnationalinitiative.org.uk Stars National Initiative offers support for anyone working with children, young people and families affected by parental drug and alcohol misuse.
- www.drinkaware.co.uk Tel: 020 7307 7450 Drinkaware are an independent charity that promotes responsible drinking through innovative ways to challenge the national drinking culture, helping reduce alcohol misuse and minimise alcohol related harm.
- Drinkline is a free and confidential helpline for anyone who is concerned about their own or someone else's drinking. Tel: 0800 917 8282 (lines are open 24 hours a day)
- www.ash.org.uk Tel: 020 7739 5902 Email: enquiries@ash.org.uk (Action on Smoking and Health) A campaigning public health charity aiming to reduce the health problems caused by tobacco.
- <http://smokefree.nhs.uk> Tel: 0800 169 0 169 Smokefree is the NHS Smoking Helpline.
- Carers Support West Sussex: Worthing offer support for families affected by someone else's alcohol or other drug use. Tel 0300 028 8888 Website: www.carerssupport.org.uk
- www.re-solv.org Tel: 01785 817885 Information line: 01785 810762

Email: information@re-solv.org Re-Solv (Society for the Prevention of Solvent and Volatile Substance Abuse) is a national charity providing information for teachers, other professionals, parents and young people.

Bullying:

- www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying Advice and support relating to all forms of bullying including cyberbullying and homophobic/transphobic bullying
- Action Against Bullying support line: Tel: 033 301 42904 Mon-Fri 8.00am-6.00pm. Calls are handled by trained staff who can provide information, guidance and referral to other specialist services.

Issues online:

www.thinkuknow.co.uk CEOP gives information about staying safe on the internet and how to report someone who has made you feel uncomfortable on line.

Sexuality, gender and LGBTQ+ support:

- www.allsortsyouth.org.uk/children-young-people/talk-it-out - new LGBTU Youth Support service in Worthing, funded by WSCC, from 25/2/19. Allsorts provide Talk It Out (one-to-one) support work and the facilitation of regular groups for Lesbian, Gay, Bisexual, Trans and Unsure young people between the ages of 11 -19 years old.
- www.westsussex.gov.uk/education-children-and-families/your-space/life/lgbtq-support
- www.brook.org.uk Advice and support for under 25s on all aspects of sexuality, gender, sexual health and wellbeing .
- www.youngstonewall.org.uk Young Stonewall's missions is to let all young lesbian, gay, bi and trans people know they're not alone.
- www.mermaidsuk.org.uk Advice for young people at odds with their birth gender.

Sexual exploitation/unhealthy relationships:

- www.barnardosrealloverocks.org.uk/young-people Information and advice about sexual exploitation.
- www.brook.org.uk Advice and support for under 25s on all aspects of sexuality, gender, sexual health and wellbeing, including issues around abuse and consent
- www.runawayhelpline.org.uk/advice/sexual-exploitation Can help if a young person is being forced or tricked into doing something sexual in person or online, sometimes receiving something in return like love, affection, money, drugs or alcohol. They also have a live chat service.

Dealing with bereavement:

- www.winstonswish.org Provide support for young people following a death, including an online chat service ask@winstonswish.org and phone helpline Tel: 08088 020 021 Mon-Fri 9am-5pm.

Other useful links

NSPCC helpline: 0808 800 5000 If you're worried about a yourself or another child, even if you're unsure, contact NSPCC -- professional counsellors for help, advice and support.

The National Domestic Violence helpline

<https://www.nationaldahelpline.org.uk/>

The helpline is open 24 hours a day, 7 days a week.

Tel: 0808 2000 247

Carers Support (including young carers) 0300 028 8888 www.carerssupport.org.uk

UK information websites on COVID-19

NHS (nhs.uk) website COVID-19 advice

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government (gov.uk) website COVID-19 advice

- <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Young Scot website COVID-19 advice

- <https://young.scot/campaigns/national/coronavirus>

COVID-19 Sleep tips from Evelina Children's Hospital

- <https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx>

COVID-19 Sleep tips from the PHSE Association

- <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor---home-learning-lesson-plans-healthy>

Resources to manage COVID-19 for Children & Young People

- <https://young.scot/campaigns/national/coronavirushttps://cypmedtech.nihr.ac.uk/2020/04/06/covid-19-resources-for-children-young-people-and-families/>

Websites offering links to a number of Young People friendly resources

Anna Freud (Links to number of wellbeing resources, list of sources of help for those with urgent needs)

- <https://www.annafreud.org/on-my-mind>

Footsteps Teeside (Coping with isolation, mental health & wellbeing. Resources peer reviewed by student Hollie Smith)

- <https://footstepsteesside.co.uk/covid-19/>

Health for Young People (Good links to advice & information on sexual health, mental health and long term conditions)

- <https://what0-18.nhs.uk/health-for-young-people>

Healthy Young Minds (Herts based, Has links to local and national advice and sources)

- <https://healthyyoungmindsinherts.org.uk/parents-and-carers/advice-parents-during-covid-19-outbreak>

The Mix (Advice and support for the Under 25's)

- <https://www.themix.org.uk>

Young People's Health.org (Wide range of links to valuable resources)

- <https://www.youngpeopleshealth.org.uk/covid-19>

Websites offering advice on keeping fit, at home

Free 30 day Yoga course

- <https://www.youtube.com/watch?v=-jhKVdZOJM>

Herts sports partnership (workout from home)

- <https://sportinherts.org.uk/workoutfromhome/>

NHS Physical active guidelines for children and young people

- <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=how-much-exercise>

SuperBetter (Builds personal resilience and boosts physical and emotional wellbeing)

- <https://apps.apple.com/gb/app/smiling-mind/id560442518>

The Football Association (Staying fit at home)

- <http://www.thefa.com/get-involved/footballs-staying-home>

21 best home exercises for men (workout from home)

- <https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home/>

Young people friendly websites offering advice, applications and Resources on mental health and well-being

Calmharm (UK charity on children & young people's mental health)

- <https://calmharm.co.uk>

Clearfear (Free app to help with managing anxiety)

- <https://www.clearfear.co.uk>

DistrACT (Provides help around self harm and suicidal thoughts)

- <https://www.themix.org.uk>

Headspace (Guidance & training in mindfulness, free extended access during COVID=19)

- <https://www.headspace.com/>

Kooth (Anonymous online support for young people)

➤ <https://kooth.com>

MeeTwo (Helps teenagers to talk about difficult things)

➤ <https://www.meetwo.co.uk>

MindfulGnats (Helps young people develop mindfulness and relaxation skills)

➤ <https://apps.apple.com/gb/app/mindful-gnats/id973919092>

MindShift (Canadian app with advice managing anxiety and depression)

➤ <https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/>

MoodGym (Interactive program to help with low mood)

➤ <https://moodgym.com.au>

Recharge-move well, sleep well, be well (Program to help improve mood and energy levels)

➤ <https://apps.apple.com/au/app/recharge-move-well-sleep-well-be-well/id878026126>

Sleepio (online sleep improvement programme)

➤ <https://www.sleepio.com>

Smiling minds (Australian app-based meditation programme)

➤ <https://apps.apple.com/gb/app/smiling-mind/id560442518>

Young Minds (Children & young people's mental health)

➤ <https://youngminds.org.uk>