

There are a number of options available for students and former students available outside of the school setting to support mental health and wellbeing. Parents of students may also be interested in what is available to their child or for ideas on how to support their child.

Please note that your GP is there to support you and may provide additional help. For those under 18 requiring CAMHS (Child and adolescent mental health services) interventions then it is best to discuss this with your GP.

For those living in Greenwich and **over 16**, the following service is provided by the NHS. Users can refer themselves for this service if they are experiencing anxiety and/or depression for counselling.

<http://oxleas.nhs.uk/advice-and-guidance/greenwich-time-talk-iapt1/>

For those living in Bexley and **over 18**, the following NHS service is available.

<http://mindinbexley.org.uk/iapt/>

This website provides lots of information on mental health issues for young people.

<http://headscapegreenwich.co.uk/headscape/>  
HeadScape has been developed by Oxleas for young people who live in Greenwich. If you live outside Greenwich, you may still use the website, but certain features will not be available to you.

### **Emergency Services**

When you feel unable to keep yourself (or others) safe and immediate help, CALL **999** or take yourself to your nearest hospital Accident and Emergency Department.

Don't know what to do? Call **111**. The NHS non-emergency service can advise you.

<https://www.childline.org.uk/> or 0800 1111

### **For anyone under the age of 19.**

ChildLine is a private and confidential service for children and young people up to the age of 19. Call free on 0800 1111, have a 1-2-1 chat online or send an email.

<https://www.samaritans.org/> or 116 123.

### **Free and confidential helpline service for children and adults.**

People talk to us for as long as they like, as many times as they like.

<https://www.themix.org.uk/> or 0808 8084994

**The Mix is the UK's leading support service for young people under 25.** We are here to help you take on any challenge you are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.

<https://papyrus-uk.org/hopelineuk/>,

Call: [0800 068 4141](tel:08000684141) or Text: [07786209697](tel:07786209697)

**PAPYRUS Hopeline is for children and young people under the age of 35** who are experiencing thoughts of suicide or for anyone concerned that a young person could be thinking about suicide.

<http://www.thedeborahubetrust.org.uk/>

[020 8305 6460](tel:02083056460)

[reception@thedeborahubetrust.org.uk](mailto:reception@thedeborahubetrust.org.uk)

A charity providing counselling services in Greenwich, Lewisham and Bexley to all age groups.

<http://www.sane.org.uk/home> or 0300 304 7000. **For anyone over the age of 16.**

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 4.30pm to 10.30pm

<https://www.bullying.co.uk/> or 0808 800 2222

Family Lives offers a confidential helpline service for families in England and Wales (previously known as Parentline). Please call for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

<https://youngminds.org.uk/>

Website for young people's mental health and well-being. Provides a range of resources for young people and parents.

**Text the YoungMinds Crisis Messenger**, for free 24/7 support across the UK if you are experiencing a mental health crisis. Text YM to 85258. We aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis.

**Parents Helpline** 0808 802 5544

Call us for free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland.

<https://www.mind.org.uk/information-support/helplines/>

Provides various help on mental health, types of problems, where to get help, legal information and specialist help for emergency services staff.

<http://www.moodjuice.scot.nhs.uk/>

Self-help guides to Anger, Anxiety, Depression, Phobias, Bereavement, Shyness and Social Anxiety, Post Traumatic Stress, Assertiveness, Chronic Pain, Obsessions & Compulsions, Sleep Problems and Stress.

<http://genderedintelligence.co.uk/>

Work with the trans community and those who impact on trans lives; specialising in supporting young trans people **under the age of 21**. Deliver trans youth programmes and support for parents and carers.

<https://www.time-to-change.org.uk/>

Time to Change is a growing social movement working to change the way we all think and act about mental health problems.

<http://www.harmless.org.uk/>

Harmless is a user led organisation that provides a range of services about self-harm and suicide prevention including support, information, training and consultancy to people who self-harm, their friends and families and professionals and those at risk of suicide.

<https://www.kooth.com/>

Free, safe and anonymous online support for young people.

<https://metrocentreonline.org/>

Promotes health and wellbeing through transformative services to anyone experiencing issues relating to gender, sexuality, diversity or identity.

<http://www.voicecollective.co.uk/>

**For children and young people up to ages 18.**

Voice Collective is a UK-wide, London-based project that supports children and young people who hear voices, see visions, and have other 'unusual' sensory experiences or beliefs. They also offer support for parents and families.

**If you are over 18** then the following may help. <http://www.hearing-voices.org/> Offer information, support and understanding to people who hear voices and those who support them.

<http://www.nacoa.org.uk/> or 0800 358 3456

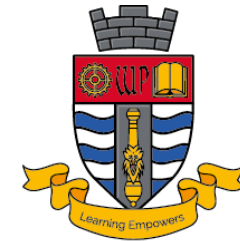
Addresses the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood

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

Contains information, advice and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing.

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

Helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.



Woolwich Polytechnic  
School for Boys

## Woolwich Poly Counselling and Well-Being Service

Alternative support  
options

