

Contacts for schools:

Free Psychological First Aid Training

Samaritans: for anyone struggling to cope and provide a safe place to talk.

FREE Helpline: 116 123 (open 24 hours a day)

Email: jo@samaritans.org

Papyrus: information and advice for young people who may be at risk for harming themselves. **FREE**

HOPELINE UK: 0800 068 41 41

Text: 07860 039967

Email: pat@papyrus-uk.org

Greater Manchester Shining A Light on Suicide

Campaign Against Living Miserably (CALM) – for men Call 0800 58 58 58 – 5pm to midnight every day.

Bury Getting Help Line All age free telephone service for residents of all ages in Bury who are experiencing difficulties with their wellbeing

Phone: 0161 464 3679

Childline: confidential helpline for children and young people to support you and help you find ways to cope. **FREE Helpline:** 0800 1111

Young Minds: if you are experiencing a mental health crisis.

Young Person Crisis messenger: text YM to 85258

(Service available 24/7)

Parents Free Helpline: 0808 802 5544

(M-F: 9.30am- 4pm)

Anna Freud is a leading mental health charity for children and families and provides advice for parents and carers talking mental health with young people at primary school.

Advice for parents and carers talking mental health with young people at secondary school.

Podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, holds 20-minute episodes, that discusses an important issue in child and family mental health with an expert and a young person or parent Anna Freud parents and carers child in mind series.

MindEd for families gives you information if you feel concerned about your child's behaviour or emotional wellbeing MindEd For Families.

Every Mind Matters Top tips to support children and young people mental health from Public Health England's Every Mind Matters.

At **Listen First** you can find a range of resources for parents and carers – some have been translated into languages other than English.

The [Mental Health Foundation](#) has developed The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.

[Barnardos: see hear respond support hub](#) provides information, resources & tools. Here you find from practical advice on how to talk to your children about the pandemic, to tips on managing anxiety and much more

[Barnardos: emotional wellbeing support hub](#) provides a range of resources, tool, videos and more focusing on yours and your family's emotional wellbeing.

[Primary school resources](#)

[Secondary School resources](#)

[Further Education](#)

[Every Mind Matters](#): Back to school or college under covid-19

Ann Freud: [10 steps towards staff wellbeing](#) and [Looking after each other and ourselves](#)

[The NSPCC provides online support for workers](#) to recognise the signs that a child may be struggling with their mental health. And that you know how to take appropriate action to support children and young people in getting the help they need visit NSPCC Learning Hub child-mental-health.

[Being Kind to Yourself](#) – for students (& staff) guided through a range of ways of self-care.

[Developing a Wellness Action Plan](#) – how to use wellbeing action plan to manage mental wellbeing and signposts several other resources and support.

[Mindfulness and staying present](#) – explores how to use mindfulness in a practical day to day way, to stem the anxiety and reduce spiral of ‘what if’ scenarios that ramp up anxiety and impact negatively on mental health and wellbeing.

[Anna Freud: Teachers Toolkit talking mental health animation](#)

[We all have mental health](#)

[Charlie Waller Trust video](#) on Self-care for students with eating disorders

[Moodjuice](#) Self-help, information and advice for people experiencing troublesome thoughts, feelings, and actions.

[ChildLine](#) is the UK’s free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises, and protects.

Telephone 0800 1111 (24 hours, 7 days a week)

[Don't Be a Zombie](#) This site is aimed at combating the issues associated with drug and alcohol abuse among many young people in the UK. The site provides information and harm reduction advice around drugs and alcohol including tools that can be used by young people to address substance related needs.

[Family Lives](#) This website offers a wide range of advice and guidance for parents and professionals on the challenges of parenting. Family Lives is a UK based charity and has an extensive list of resources online to access, not least its parent channel tv that guides parents and professionals through a range of different topics and age ranges to effectively parent.

[HandsOnScotland](#) This website is designed to help you make a difference to children and young people's lives, by giving you tools to respond helpfully when they are troubled. It is a one-stop shop for practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote their positive mental well-being.
Website

[Kooth](#) offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10 pm every day.