

1. I AM FEELING WORRIED OR LONELY AND NEED SOME ADVICE

NHS

The NHS has a handy list of apps you can access for support with wellbeing and mental health

<https://www.nhs.uk/apps-library/category/mental-health/>

ThinkNinja app

ThinkNinja is an app with free resources for young people aged 10-18, including specific COVID-19 support

[ThinkNinja website click here](#)

Anna Freud

The Anna Freud Centre's website has self-care resources and ideas in their "On My Mind" section

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

Stop, Breathe and Think

<https://www.stopbreathethink.com/kids/>

2. I AM FEELING ANXIOUS OR DEPRESSED AND NOT COPING. I NEED SOME SUPPORT OR TALK TO SOMEONE

Kooth

Offers free, safe and anonymous online support for young people aged 11-19

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

0808 808 4994

ChildLine

Offer free advice, resources, online and phone support

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

0800 1111

Samaritans

Online chat, support and information

<https://www.samaritans.org/>

116 123

YoungMinds

Online resources and support, including Crisis Messenger text service, providing free, 24/7 crisis support

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

3. I HAVE BEEN UNDER CAMHS/MENTAL HEALTH SERVICES AND NEED HELP WITH MY MENTAL HEALTH

Please follow your safety plan if you have one and contact your CAMHS clinician or the duty worker using the following numbers (Mon-Fri)

Specialist CAMHS (9am-5pm)

Telephone: 0203 222 5600

Children and Families Service

Telephone: 0208 356 5000

Emergency out of hours:

0208 356 2710

First Steps (9am-5pm)

Telephone: 0207 014 7135

CAMHS Disability (9am-5pm)

Telephone: 0207 014 7071

Off Centre (9am-6pm)

Thursday: 12-8pm

Telephone: 020 8986 4016

4. I FEEL LIKE I CANNOT KEEP MYSELF SAFE AND/OR PLAN TO END MY LIFE

CAMHS

If you are seeing a clinician from CAMHS then please contact the duty number

Specialist CAMHS: 0203 222 5600 (9am- 5pm, Monday to Friday)

24 hour Crisis Helpline

Free, confidential, expert advice for anyone experiencing a crisis, including support and referrals to local services

020 8432 8020

Lines open all day, every day

A&E

Please visit A&E if in crisis