

Students Mental Health and Wellbeing Support

Services, contacts and resources

Anxiety:

www.anxietyuk.org.uk/

www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/

Bereavement:

www.winstonswish.org/

www.hopeagain.org.uk

www.childbereavementuk.org/

Carers:

Carers UK (Information and advice for carers of all ages)

www.carersuk.org or call 0808 808 777

Drugs/alcohol:

Spectrum Families and Young People's Services support young people with drug and/or alcohol problems. Tel: 0800 652 3169 Email: Herts@cgl.org.uk

<https://www.changegrowlive.org/content/spectrum-families-young-peoples-service>

Eating Disorders

www.beateatingdisorders.org.uk

<https://eating-disorders.org.uk/information/eating-disorders-in-males/>

Family Mediation/housing advice:

Herts Young Homeless www.hyh.org.uk

is an independent charity that provides a free, confidential and impartial mediation service for families who are having arguments and disagreements. The mediation service covers 10-24 year olds and their families.

16 - 17 years - Freephone **03003 230130** or visit **homeless hub** or text us anytime 07484411188

18 - 24 years

Freephone **08000 355 775**. For all other enquiries **03333 202 384** (local rate)

Self Harm:

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

<https://www.selfharm.co.uk/>

Coping with self-harm – a guide for parents and carers

<https://chertseysch.s3.amazonaws.com/uploads/document/Coping-with-Self-Harm.pdf?ts=1728303220>

Sexuality:

LGBT Foundation: <https://lgbt.foundation/>

Helpline: 0345 33030303 or email: helpline@lgbt.foundation

Switchboard (LGBTQ services) <https://www.switchboard.org.uk/what-wedo/helpline/>

Helpline: 01273 359042

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

Suicide:

Ollie Foundation: www.theolliefoundation.org or contactus@theolliefoundation.org

A charity dedicated to delivering suicide awareness, intervention and prevention training by working with the community to promote good mental health among young people and those that support them.

Local Support Services:

www.youthtalk.org.uk/

Youth Talk counselling services are available to young people aged between 13 and 25 who live, work or attend school/college in the District of St Albans (Harpenden, London Colney, Redbourn, St Albans, Sandridge and Wheathampstead).

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

Support Online:

<https://thesandbox.mindler.co.uk/>

The Sandbox is an NHS-funded service to support children and young people in South Staffordshire and Hertfordshire with their mental health and wellbeing. In addition to providing NHS-funded support, The Sandbox is a central place for resources about common mental health issues, with information on how to access additional support or emergency services.

www.healthforteens.co.uk/health/about-chathealth/

www.youngminds.org.uk/

www.studentsagainstd Depression.org/

www.nspcc.org.uk or help@nspcc.org.uk . Or call 0808 800 5000. Helpline is available Monday to Friday 8am – 10pm or weekends 9am – 6pm. Advice and support to anyone who needs information and guidance or concerned or worried about a child's safety.

MindEd is a free educational resource on children and young people's mental health for all adults. www.minded.org.uk

You will find signposting and links for many common issues but also more detailed learning for parents. There are videos, help sheets, questionnaires and top tips for parents on issues such as

- Parenting in a digital world
- Eating disorders
- Sexual orientation and gender
- Building confidence and resilience
- Family relationship problems
- Sleep difficulties

Post 18 (support at University) <https://www.studentminds.org.uk/>

Useful Apps:



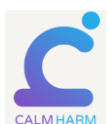
Can help you improve your health and happiness through daily meditation and sleep relaxation.



Relaxation exercises to add extra mindfulness to your day, and hundreds of meditations on everything from stress to sleep.



Clear Fear - Can help you manage the symptoms of anxiety.



Calm Harm is a free app that helps you manage or resist the urge to self harm.



Move mood uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood by encouraging you to increase your motivation to carry out tasks in order to help you to move forward, take control and feel positive.