Academic Guardians UK

Mental Health & Wellbeing Statement

This policy outlines the Academic Guardians UK (AGUK) approach to recognising, raisng awareness and providing support in relation to Mental Health & Wellbeing.
This policy forms part of the wider approach to Safeguarding in line with the organisation's Safeguarding & Child Protection Policy.

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Policy owner	Updated	Review date
Andrew Kettle	August 2024	August 2025

Academic Guardians UK Ltd – Mental Health & Wellbeing Statement

Mental Heath & Wellbeing

We respect the rights and dignity of all of our young athletes and acknowledge that everyone who is involved in our organisation has mental health and wellbeing needs.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:

we support our staff to hold some level of mental health and wellbeing awareness training

we demonstrate how our staff can be welcoming towards people experiencing a problem with their mental health and wellbeing

we respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others

there are key members of staff (welfare officers or other designated roles) in our organisation who are happy to discuss how our sport can be adapted to suit your mental health and wellbeing needs or how we can be more inclusive

we regularly ask all our young members if they are happy with the level of support, they receive from us and whether it could be improved in any way

as an organisation, we recognise how the pressures of competitive sport can affect young people's mental health and wellbeing

all staff know the details of the mental health and wellbeing support services available to both staff and young people

all staff know how to raise concerns to protect young people who are experiencing a mental health crisis or identifying as at risk of self-harm or suicide as part of our safeguarding reporting procedures*

support and information on mental health and wellbeing continues to be shared as young people progress on the talent pathway and the potential pressures of funding, sponsorship and achievement come into play

Addressing Suicidal thoughts and feelings

People involved with AGUK can help by:

- recognising the risk factors
- learning how to talk with a young person in crisis
- know how and who to refer to obtain support

Risk signs

Young people experiencing suicidal thoughts and feelings might display changes in behaviour, physical

appearance or in performance. Some of these changes might include:

- becoming isolated or dropping out of activities
- seeming confused or distracted and unable to complete tasks they usually would with ease
- a sudden halt in performance development
- neglecting their appearance including personal hygiene or clothing
- persistent physical complaints like chronic pain
- sudden or extreme weight loss or weight gain
- acts of self-harm
- feelings of hopelessness
- feeling like a failure and being very self-critical
- decreased interest in making plans for the future
- a previous suicide attempt

If you recognise any of these behaviours, it's important to create a safe space for young people to talk. Try to make time during practices or sessions and let young people know that you're available to listen.

People in our organisation you can talk to

Designated Safeguarding Lead & Prevent Lead – Director Andrew Kettle who can be contacted on 0203 515 8880, 07823 321 993 or andrew@academic-guardians.co.uk

Deputy Designated Safeguarding Lead – Director Dawn Kettle who can be contacted on 0203 515 8880, 07931 954 106 or dawn@academic-guardians.co.uk

Support for staff and volunteers

NSPCC helpline

If you're worried about a child, even if you're unsure, contact the NSPCC's professional counsellors for help, advice and support

Tel: 0808 800 5000 I nspcc.org.uk/helpline

Rethink

Information and advice on mental health and local support services

rethink.org

Comprehensive Mental Health Support List - Appendix I

This list, whilst not exhaustive, can be accessed by AGUK staff, Homestay Hosts, parents & students to quickly identify appropriate support services for children and young people.

Support services for children and young people

Childline

Information and support line for young people Tel: 08001111 I childline.org.uk

The Mix

Information, support and listening line (24 hours) for people under 25 Tel: 0808 808 4994 I

themix.org.uk Samaritans

24-hour confidential listening and support for anyone who needs it Tel: 116123 I samaritans.org

Young Minds

Information and signposting to mental health support for young people and parents

youngminds.org.uk

A&E Department	Contact your local A&E Department: https://www.nhs.uk/Service-Search/other-services/Accident%20and%20emergency%20services/LocationSearch/428
Action for Children - Parent Talk Parenting advice for parents/carers of 0-19 year olds, including parenting coaches.	https://parents.actionforchildren.org.uk/
Activity Alliance Join members, partners and disabled people to make active lives possible. Challenges perceptions and changes the reality of disability, inclusion and sport.	www.activityalliance.org.uk/about-us
ADHD and You Resources & people to turn to about ADHD. Help to find what works for individual YP: To keep ADHD to themselves, just involve their family & ADHD management team, or to share their story with a friend or family.	www.ADHDandyou.co.uk Tel: 01256 894003 For general enquiries: Shire Pharmaceuticals Limited 1 Kingdom Street, London, W2 6BD
ADHD Foundation Health & education service offering support to people living with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's Syndrome. Website has information & useful resources for CYP, adults, parents & professionals. Topics include: returning to school after lockdown; coping with feelings of anger; boundaries; MH; conflict resolution, self-care; 10 tips to support your teenager; EHCP & transition.	www.adhdfoundation.org.uk
Age UK For people alone who want to talk.	Tel: 0800 298 0579

Amaze Gender issues, sex education, relationships.	www.amaze.org
Anna Freud MH charity for children & families.	www.annafreud.org
Anxiety Canada Information, programmes and videos on the website to help reduce excess anxiety. Home management strategies and professionals providing help. Works with experts to increase awareness, promote education and improve access to evidence-based resources on anxiety. Many free of charge, self-help, downloadable resources to support management of anxiety for young people, adults, new mothers, children.	www.anxietycanada.com www.youth.anxietycanada.com The "Mindshift" app can be downloaded via this website (anxietycanada.com/resources/mindshift-cbt/)
Anxiety UK For any form of anxiety, mild to severe. Fast access to reduced cost therapy and access to several specialist helplines.	www.anxietyuk.org.uk Helpline: 08444 775 774 (Mon-Fri 9.30-5.30)
Asperger's and ASD (see also AUTISM section below) Resources & links for professionals, parents & people with Aspergers.	www.tonyattwood.com.au

2gether Assertive Outreach Team Help in a crisis. Develops supportive & therapeutic relationships with service users with severe enduring mental illness.	0800 169 0398 24hrs
Aston Project Works with 9-17 year olds to reduce harm, crime and anti-social behaviour. Helps inspire YP to make better decisions, utilise their skills, promote ethos of 'work for reward'.	www.astonproject.co.uk Email: AstonProject@gloucestershire.pnn.police (referral form online)
At a Loss.org Website with information and support to find bereavement help, practical information, resources and free counselling via the livechat service, GriefChat.	
Autism – The National Autistic Society (see also The Girl with the Curly Hair Project) Early Bird programmes	www.autism.org.uk Helpline: 0808 800 4104 (Mon—Thu 10am-4pm; Fri 9am-3pm Email: autismhelpline@nas.org.uk Education Rights – Tel. 0808 800 4102 Parent to Parent Support Line: Tel. 0808 800 4106 (freephone) Autism support nationwide helpline tel: 0800 031 5445 Mon-Thu 9am-8pm Fri 9am-5pm www.autism.org.uk/earlybird EarlyBird (for parents with Autistic children under 5 years) and EarlyBird Plus (ages 4-9) are support programmes for parents and Carers, offering advice and guidance on strategies and approaches for dealing with young autistic children. The EarlyBird Healthy Minds programme is a six-session parent support programme to help promote good mental health in autistic children.

Carol Gray's website Social stories and other resources.	https://carolgraysocialstories.com/social-stories
Barnado's Provides a number of services to YP and families.	www.barnardos.org.uk
Beat Eating disorders support, recovery information, support services.	www.beateatingdisorders.org.uk I'm Supporting Someone (beateatingdisorders.org.uk) Helpline: 0808 801 0677. Youthline: 0808 801 0711
Blue Cross for Pets Pet bereavement and pet loss support. If you have lost, or are facing saying goodbye to, a much-loved pet and need somebody to talk to, our Pet Bereavement Support Service is here.	https://www.bluecross.org.uk/pet-bereavement-and-pet-loss Free Helpline: 0800 096 6606 (every day from 8.30am – 8.30pm) Email: pbssmail@bluecross.org.uk
Blurt it out Resources/information to help understand more about depression and lifestyle changes.	https://www.blurtitout.org/resources
Bristol Mindline Suicide helpline (Bristol and South Gloucestershire)	Tel: 0808 808 0330 (Wed-Sun 8-12 midnight)
British Dyslexia Association (BDA)	www.bdadyslexia.org.uk
Brook Sexual health & wellbeing for under 25's. Emergency Contraception, Chlamydia screening under 25s. Advice for professionals on CSE, health & wellbeing, sexual behaviours traffic light tool, etc.	www.brook.org.uk

Bullying UK (see also Family Lives) Part of Family Lives service	www.bullying.co.uk
Cafcass The Children and Family Court Advisory and Support Service is a non-departmental public body in England set up to promote the welfare of children and families involved in family court.	www.cafcass.gov.uk 0300 456 4000 (Mon-Fri, 9-5, excluding BH) www.cafcass.gov.uk/contact-us
CAMHS Link to lots of websites and resources	www.CAMHS-resources.co.uk/websites WEBSITES | CAMHS Resources (camhs-resources.co.uk) https://www.camhs-resources.co.uk/websites
CAMHS Practitioner Advice Line Support and advice given to any professionals working with YP.	Find your local number (AGUK Staff) - 01452 894272
Calm (Campaign against living miserably) Helpline for men who are down or have hit a wall for any reason, who need to talk or find information and support. Open 5pm–midnight, 365 days a year. www.thecalmzone.net/ Helpline: 0800 58 58 58	www.thecalmzone.net/ Helpline: 0800 58 58 58
Christians agains poverty (CAP) Advice on debt, life skills, job clubs, fresh start.	www.capuk.org Tel: 01274 760720 Email: info@capuk.org
CareConfidential Support following abortion	www.careconfidential.com Tel: 0300 4000 999

Carers Trust A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. Help for young carers to cope with their caring role through specialised services across the UK.	www.carers.org/about-us/about-young-carers For general enquiries, please email: info@carers.org
Centrepoint Homelessness support	www.centrepoint.org.uk 0800 587 5158 or email supportercare@centrepoint.org
Chat Health For ages 11-19, advice on drinking, alcohol, smoking, problems with friends and family, body changes, relationships, bullying, feeling sad or angry, social media, exam anxiety, self harm, mental health and healthy eating.	https://chathealth.nhs.uk/start-a-chat/ Find help near you
Child Bereavement UK Supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement. The support and information helpline provides confidential support, information and guidance to families and professionals.	www.childbereavementuk.org Tel: 0800 02 888 40 Helpline: 0800 028 8840 (Monday to Friday, 9am-5pm) Email: support@childbereavementuk.org Online Chat: https://www.childbereavementuk.org/booked- telephone-support
Child Death Helpline Helpline for anyone affected by the death of a child of any age, under any circumstances, however long ago.	http://childdeathhelpline.org.uk/ Free Helpline: 0808 800 6019 (from mobile) / 0800 282 986 (Mon- Fri, 10am-1pm; Tue 1pm-4pm; Wed 1pm-4pm; Every evening 7pm- 10pm) Email: contact@childdeathhelpline.org

Child Mind A-Z information for anyone with a child struggling with their MH.	https://childmind.org Topics A-Z | Child Mind Institute
ChildLine (Also see app 'For Me') Support on abuse, bullying, family issues	www.childline.org.uk Tel: 0800 1111
Childnet Sexual harassment 13-17 years. To help make the internet safe	www.childnet.com/ Tel: +44 (0)20 7639 6967 Email: info@childnet.com
CHUMS Tics and Tourettes support	www.chums.uk.tics-and-tourettes
Citizen's Advice Bureau Advice on a range of issues, including money, work, debt, consumer, housing, family, law, immigration, health.	www.citizensadvice.org.uk https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/ (AGUK Staff) 0808 278 7836
Crime stoppers To report any crime or child exploitation	Tel: 0800 555 111
Cruse Bereavement Care (See Hope Again for the youth website) The free national helpline offers a listening ear and emotional support to anyone who has lost someone they love, or been affected by a bereavement.	www.cruse.org.uk Email helpline: helpline@cruse.org.uk Helpline: 0808 808 1677 (Mon-Fri 9.30-5pm (excluding bank holidays), with extended hours on Tue, Wed and Thu evenings until 8pm).

Ditch the Label Anti-Bullying Charity. Provides emotional, psychological and physical support to those who are impacted by bullying in offline and digital environments.	https://www.ditchthelabel.org/ Helpline: (01273) 201129 (We're in the office between 09:00 – 17:30) Email via online form: https://www.ditchthelabel.org/contact/ Facebook: https://www.facebook.com/DitchtheLabel/
ERIC Bedwetting information, advice and helpline.	www.eric.org.uk Helpline: 0808 169 9949
Facts4life Support on health for schools, parents/carers, and health professionals.	www.facts4life.org
Family Links Online support and nurturing programmes. Good ideas and resources.	www.familylinks.org.uk/
Family Lives Advice on family issues and bullying. 24 hour helpline.	www.familylives.org.uk Tel: 0808 800 2222 (Mon-Fri 9am-9pm; Sat-Sun 10am-3pm) www.bullying.co.uk
Fearless Non-judgemental info and advice about crime and criminality. A safe place to give info about crime anonymously. Also has a section for professionals, with resources to use with YP and info about: Weapons, CSE, Theft/ Robbery, Criminal damage, Violence, Gangs (County Lines), Drugs, Abuse, Cybercrime.	www.fearless.org/en
Genderbread A teaching tool for breaking the big concept of gender into bite sized pieces.	www.genderbread.org

Get Connected Provides private rehabilitation to treat drug and alcohol addiction, and process addictions like gambling, sex & love and eating disorders	www.getconnected.org.uk Tel: 0203 993 5571 Email: info@getconnected.org.uk
Get Self Help Website provides CBT self help & therapy resources, worksheets, information sheets and self help mp3s.	www.getselfhelp.co.uk/anxiety.htm
GIDS The Gender Identity Development Service (GIDS) is for children/YP and their families, who experience difficulties in the development of their gender identity. It's a national specialised service, based in London and Leeds.	www.tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/gender-identity-development-service-gids http://gids.nhs.uk/ Tel: 020 8938 2030/1 Email: gids@tavi-port.nhs.uk
Gingerbread Support for single parents.	www.gingerbread.org.uk Tel: 0207 428 5400
Your Local Hospital	https://www.nhs.uk/service-search/hospital (AGUK Staff) 020 3317 3500
Your Local Safeguarding Children Partnership	Website: https://www.islingtonscp.org.uk/are-you-worried-about-a-child Children's Services Contact Team - +44 20 7527 7400 Tim Djavit - Local Authority Designated Officer (LADO) - +44 20 7527 8102
Grief Encounter A free service that supports bereaved children and young people.	www.griefencounter.org.uk Helpline: 0808 802 0111 (Mon - Fri 9-9). Can chat via website. Email: contact@griefencounter.org.uk For advice & guidance, email: ecounselling@griefencounter.org.uk

HappyMaps Worried about a YP's behaviour or mental health and not sure what's normal? Signposting to books, websites, counselling and parent groups.	www.happymaps.co.uk
harmLESS For those who have contact with YP who are self-harming. Designed to help you talk about self-harm with a YP so that you can decide what support might be helpful.	www.harmless.org.uk
Headway Promoting life after brain injury.	www.headway.org.uk Tel: 0808 800 2244
Hollie Guard Turns phone into a personal safety device. If in danger, a shake or tap activates Hollie Guard and sends your location and audio/video evidence to your emergency contact. A second shake sends out a high pitched alarm and the flash starts to strobe.	www.hollieguard.com
Intercom Trust A lesbian, gay, bisexual & trans charity working across Cornwall, Devon, Dorset and South West, providing support, advocacy, counselling, training, info, groups, online directory, etc.	www.intercomtrust.org.uk Helpline: 0800 612 30100
Kidscape Advice about bullying for children and parents.	www.kidscape.org.uk Tel: 0171 730 3300

Kooth Free advice and support. Counsellors.	www.kooth.com/ Mon – Fri 12pm – 10pm; Sat–Sun 6pm – 10pm
Live, Life, Well Suicide prevention, med info, self help (depression, anxiety, sleep), 16- 19 year old section. Exercise Well/Eat Well/Manage Well Socialise Well/Think Well	www.live-lifewell.net
ManKind	Tel: 01823 334 244
Multi-Agency Safeguarding Hub (MASH)	Children's Services Contact Team - +44 20 7527 7400
Men's Advice Line Helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).	www.mensadviceline.org.uk Freephone: 0808 801 0327 (free), Mon-Fri 9am-5pm Email: info@mensadviceline.org.uk
Mermaids A safe place for young trans people (up to 20 yrs) to find support & help one another.	www.mermaidsuk.org.uk Helpline: 0808 801 0400 (Mon-Fri 9am-9pm)
Mind Information, advice and support for young people with a mental health problem and their carers. Sleep support.	www.mind.org.uk Tel: 0300 123 3393 Text: 86463 www.mind.org.uk/information-support/types-of-mental-health- problems/sleep-problems/sleep-problems/
Mindful Meditation, anxiety.	www.mindful.org

Moodcafe Info and resources relevant to common psychological problems. Self help guides and websites.	www.moodcafe.co.uk
Moodjuice Online support for a range of issues, eg anxiety.	www.moodjuice.scot.nhs.uk www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp.ocdinfo
Muslim Youth Helpline	Tel: 0808 808 2008
NCDV (National Centre for Domestic Violence) Free, fast emergency injunction service to survivors of DV regardless of their financial circumstances, race, gender or sexual orientation	www.ncdv.org.uk Freephone: 0800 970 2070 Text: Text "NCDV" to 60777 and we'll call you back To Make A Referral: Tel: 0207 186 8270 or 0800 970 2070 (Press option 1)
National Citizen Service (NCS) For 16-18 year olds. Helps build skills for work and life, while taking on new challenges and meeting new friends. Runs in spring, summer and autumn. Short time away from home taking part in a team community project. Brings together YP from different backgrounds & helps them develop confidence, self-awareness & responsibility. Encourages personal & social development.	https://www.gov.uk/government/get-involved/take-part/national- citizen-service

National Domestic Violence Helpline For women experiencing DV, their family, friends, colleagues & others calling on their behalf. The Helpline gives support, help & info, wherever the caller might be in the country. Female helpline support workers & volunteers. Confidential. Translation facilities & a service for callers who are deaf or hard of hearing.	https://www.refuge.org.uk/get-help-now/phone-the-helpline/ Tel: 0808 2000 247 (Freephone, 24 hours)
National Self Harm website	www.nshn.co.uk
National Suicide Prevention Alliance (NSPA)	
NHS 111 Health advice 24 hours a day.	www.nhs.uk Tel: 111
NHS Choices Low mood and depression. Suicidal thoughts.	www.nhs.uk/livewell/depression/pages/depressionhome.aspx www.nhs.uk/conditions/suicide www.nhs.uk/conditions/stress-anxiety-depression
Nip in the bud Works with MH professionals to produce short films and fact sheets on ADHD, anxiety, conduct disorder, depression, OCD, PTSD, etc) to help parents, teachers & others caring for/working with children to recognise MH disorders and inform them how to obtain professional assessment to improve the prospects of early diagnosis and effective treatment.	www.nipinthebud.org

No Panic Info and advice for carers/young people aged 13-20. Panic, Anxiety, Phobias, OCD, exam stress, family anxiety. Youth mentoring, helpline, and workshops.	www.nopanic.org.uk Youth Helpline Tel: 0330 606 1174 (3-6pm Mon, Tue, Wed, Fri; 3-8pm Thu; 6-8pm Sat)
NSPCC NSPCC helpline (new helpline for CYP who have been victims of abuse at school, and for worried adults and professionals who need support and guidance. The helpline is called Report Abuse in Education).	NSPCC helpline: 0800 136 663 Email: help@nspcc.org.uk www.nspcc.org.uk Tel: 0808 800 5000 NSPCC FGM helpline: 0800 028 3550 18 or under, contact ChildLine free: Tel: 0800 1111
Papyrus Charity for the prevention of young suicide. HOPELineUK – specialist telephone service staffed by professionals who give support, advice & information to children, teenagers & YP up to the age of 35 who are worried about how they are feeling, & anyone concerned about a YP.	www.papyrus-uk.org Email: pat@papyrus-uk.org Tel Tel: 0800 068 41 41 Email: pat@papyrus-uk.org Tel: 07786 209697
Parent Support Link Supporting & informing families & friends of people who use drugs and alcohol.	https://www.parentsupportlink.org.uk/ Helpline: 023 8039 9764 (24/7)
Place2be MH resources for schools.	www.place2be.org.uk Mental health resources for schools – Place2Be
Pregnancy Choices Directory Help for those facing unplanned	www.pregnancychoicesdirectory.com

pregnancy or following an abortion.	
Prospects Advice and guidance on employment and skills. Support to vulnerable YP to help reduce risk, keep them safe and improve their life chances. Education and learning for early years, schools and prisons.	www.prospects.co.uk/What-We-Do
RAE (Relationships, Advice, Education) Workshops to schools & groups, complimenting the school curriculum. Identify healthy & not healthy relationship, abuse, forced marriage, fgm, who to contact.	Tel: 08456 029 035 – project coordinator
Rainbow Trust Supports families who have a child aged 0-18 years with a life threatening or long-term illness.	www.rainbowtrust.org.uk Tel: 01372 363438
Refuge Support & advice for women & children on dealing with domestic violence.	www.refuge.org.uk Free Helpline: 0808 2000 247 (24-hour)
Relate Help with challenging relationships, problems with friends, parents, teachers, or in love life. Confidential space to express thoughts, feelings and emotions. Live Chat service connects to a counsellor who will listen & help find solutions to get life back on track.	www.relate.org.uk Tel: 0300 100 1234 Email: relate.enquiries@relate.org.uk

Relax Kids Child relaxation training, classes and resources. Online mindfulness.	www.relaxkids.com
Riprap Support for teenagers when a parent or carer has cancer.	www.riprap.org.uk
Royal College of Psychiatrists	www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/worriesandanxieties.aspx
Samaritans For emotional support to people in despair and potential suicide	www.samaritans.org.uk Free 24 hour helpline: 116 123
SAMM (Support after Murder and Manslaughter) UK Charity supporting families bereaved by Murder and Manslaughter. Advice and training to many agencies on issues relevant to the traumatically bereaved.	www.samm.org.uk Tel: 0121 471 1200
Sands Stillbirth and neonatal death charity	Error! Hyperlink reference not valid. Helpline: 0808 164 3332
Sane Saneline suicide helpline. Provides practical help, emotional support and specialist information to individuals affected by MH problems, their family, friends and carers.	www.sane.org.uk Helpline: 0300 304 700 (4.30pm-10.30pm every day) Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare Peer support forum: www.sane.org.uk/supportforum
Self Injury Support (see also Rethink and National Self Harm) Support for professionals. Improving support and knowledge around self injury	www.selfinjurysupport.org.uk Tel: 0117 927 9600 Email: info@selfinjurysupport.org.uk

Sexting Advice SWGfL is a charitable trust that specialises in supporting schools, agencies and families to effect lasting change with the safe and	www.swgfl.org.uk/magazine/Managing-Sexting- Incidents/Sexting-Advice.aspx SWGfL Main Office Tel: 0345 601 3203 Email: enquiries@swgfl.org.uk
secure use of technology. Educational online safety tools, services and resources. Works closely with UK and International Governments & Agencies; organisations and technology providers in advising and shaping policy, practice and legislation.	https://parentinfo.org/page/for-schools https://parentzone.org.uk/
Shelter Housing & homelessness. Helpline for if someone has nowhere to sleep, might be homeless soon, have somewhere to sleep but nowhere to call home, could be at risk of harm, or feel very overwhelmed about their housing situation	https://england.shelter.org.uk/ Free helpline (open every day): 0808 800 4444 (for urgent need of housing advice –8am – 8pm on weekdays; 9am – 5pm on weekends)
Shout 24/7 text service for anyone in crisis, not coping, and needing immediate help. Support for anxiety, depression, abuse, panic attacks, suicidal thoughts, self harm, relationships, bullying.	Text SHOUT to 85258
Sibs For brothers and sisters of disabled children and adults.	www.sibs.org.uk Contact online

SmiRA (Selective Mutism Information and Research Association) Support for professionals.	www.selectivemutism.org.uk/ www.selectivemutism.org.uk/information/information-for-professionals/
Social Prescribing Service Local agencies (GP, pharmacies, multi disciplinary teams, hospital discharge teams, health professionals, fire service, police, job centres, Social Care, housing, voluntary, community and social enterprise – or by self referral) to refer people to a link worker who will give them time and focus on 'what matters to me', taking a holistic approach. Works for those with long- term conditions; who need support with their MH; who are lonely or isolated; who have complex social needs which affect their wellbeing.	Contact details for further information www.england.nhs.uk/personalisedcare/social-prescribing
Stem4 Anxiety and depression, eating, self harm, addiction support	www.stem4.org.uk Calm Harm app (see apps at end of list)
Stress and Anxiety in Teenagers Online support for stress and how to manage it.	www.stressandanxietyinteenagers.com
Stroud Beresford Group Refuge and outreach DV.	www.stroudwomensrefuge.co.uk Tel: 01453 764385
Students against depression Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.	www.studentsagainstdepression.org

Suicide Bereavement UK	
Suicide Crisis	contact@suicidecrisis.co.uk
Sunflower Suicide Support Based in Stroud. Help families who have sadly lost people to suicide! They have a website and an advice line!	www.sunflowerssuicidesupport.org.uk
SurvivorsUK Helps sexually abused men (aged 13 and above), as well as their friends and family, no matter when the abuse happened.	www.survivorsuk.org Text helpline: 020 3322 1860
Talk to Frank information, advice and support about drugs.	www.talktofrank.com Tel: 0300 123 6600 Text: 82111 www.talktofrank.com/treatment-centre/youth-support-team- gloucester Link for alcohol/drug information cards which can be given out to young people and their families/carers: www.gscb.org.uk/media/1671/workbook_cards_screenprints- 56954.pdf
The Calm Zone The Campaign Against Living Miserably. Online support, helpline & webchat for young men from 15 years with low mood. Suicide prevention. Information & support. For anyone who needs to talk about life's problems. Support for those bereaved by suicide through the Support After Suicide Partnership (SASP)	www.thecalmzone.net Free nationwide helpline: Tel: 0800 58 58 58 & webchat (5pm- midnight every day) Webchat is available on the website (same times as the helpline).
The Children's Sleep Charity	www.thechildrenssleepcharity.org.uk Tel: 01302 751 416

Supporting children with sleep issues. Support for families and accredited training and leaflets for professionals and commercial organisations.	Email: info@thechildrenssleepcharity.org.uk
The Girl with the Curly Hair Project Supports people on the Autistic Spectrum and the people around them. Not just for girls, we have also helped thousands of Spiky Haired Boys too! Resources used by psychiatrists, GPs, psychologists, counsellors & teaching professionals. You'llneed to subscribe and pay for this.	http://thegirlwiththecurlyhair.co.uk Join the community on Facebook Email: alis@thegirlwiththecurlyhair.co.uk or fill out the contact us form.
The Hideout Online support to help children understand domestic abuse.	www.thehideout.org.uk
The Lullaby Trust Information and advice about safe baby care to reduce the risk of cot death. How to support a grieving sibling.	https://www.lullabytrust.org.uk/bereavement-support Helpline: 0808 802 6868 (10am-5pm, Mon-Fri; Tue & Thu 7-9pm; weekends and bank holidays, 6pm-10pm) Email: support@lullabytrust.org.uk
The Mix Support on all issues for under 25's (mental health, homelessness, drugs, money, abuse, bullying, etc).	www.themix.org.uk Tel: 0808 808 4994 (11am-11pm) Crisis text line 24/7 by texting THEMIX to 85258 Email or chat online (4pm-11pm) via the website.

The Sleep Council An impartial advisory organisation that raises the awareness of the importance of a good night's sleep to health and wellbeing and provides helpful advice and tips on how to improve sleep quality and create the perfect sleep environment.	www.sleepcouncil.org.uk info@sleepcouncil.org.uk Tel (for admin): 01756 791089 Freephone leaflet line: 0800 018 7923 Fax: 01756 798789
The Tavistock and Portman NHS Foundation Trust (see GIDS)	www.tavistockandportman.nhs.uk
TIC+ (Teens in Crisis) Face to face and online counselling for 9-21 year olds. Works closely with CYPS. Parent Support & Advice Line for parents of children aged 0-25 years.	www.ticplus.org.uk Email: admin@ticplus.org.uk Tel: 01594 372777 (office opening hours: Mon & Wed 9am-4pm and 6-8pm; Tue & Thu 9am-1pm and 6-8pm; Fri 9am-3pm; Sun 6- 8pm Text support: 07520 634063 Parent Support & Advice Line: 0800 652 5675 www.ticplus.org.uk/parents-carers Mon & Wed: 5pm-9pm; Tue & Sat: 9.30am-1pm.
TICS Support for yp with tics.	www.nhs.uk/conditions/tics/treatment/#selfhelp
Time To Heal Works with homeless people in hospital.	
TOP (Triumph Over Phobia) Self help groups in Cheltenham & Glos.	www.topuk.org
Tourette Syndrome	https://www.nhs.uk/conditions/tourettes-syndrome/

Voice Collective UK-wide, London-based, project that supports CYP who hear voices, see visions, have other 'unusual' sensory experiences or beliefs. Support for parents/families. Training for youth workers, social workers, MH professionals, etc.	www.voicecollective.co.uk Email: info@voicecollective.co.uk Tel: 020 7911 0822 Not able to provide immediate crisis support, so if you need to talk with someone urgently please call Childline (0800 1111) or NHS 111. If you're an adult looking for a peer support group near you, visit: www.hearing-voices.org for support groups across the UK, and www.intervoiceonline.org for support groups in other countries.
Winston's Wish Bereavement service.	www.winstonswish.org.uk National helpline: 08088 020 021.
Women's Aid National charity working to end domestic abuse to women and children.	https://www.womensaid.org.uk/ For information and support, email: helpline@womensaid.org.uk, or contact a local domestic abuse service by using the Domestic Abuse Directory: www.womensaid.org.uk/domestic-abuse- directory
Young Minds Website with a range of information for YP, their families and practitioners, including tips, advice & guidance for support during the Covid-19 pandemic, such as anxiety about returning to school; struggling with self-isolation & social distancing and for those who have lost a loved one due to coronavirus. They also provide a parents' helpline, which can be contacted by phone, webchat or email.	www.youngminds.org.uk Young person looking for help and support Text the YoungMinds Crisis Messenger, free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258 Parent Help Line: 0808 802-5544

Youth Access Advice, counselling, money, rights. Works closely with Government, NHS, academic and voluntary sector to improve youth MH policy.	www.youthaccess.org.uk Tel: 020 8772 9900 Email: admin@youthaccess.org.uk
Zero Suicide Alliance (ZSA) Suicide Awareness Training.	
ZERO TO THREE Works to ensure that babies and toddlers benefit from the family and community connections critical to their well-being and development. Healthy connections help build babies' brains.	https://www.zerotothree.org/parenting