

## Mental Health Resources

While you are working remotely from home, it is important that you are taking good care of yourself, especially your emotional and mental health.

We are still here so if you need to talk you can contact your Form Tutor or Head of Year. If you are a parent worried about your child, contact us for support.

Here is a list of local and national services you can also access for information, advice and support.

<b>Pause</b>	Mental health support and counselling. You can register online for help or call.	0207 841 4470 forwardthingingbirmingham.org.uk/13-pause
<b>Kooth</b>	Anonymous online support for young people. Online until 10pm daily	kooth.com
<b>Mind</b>	Charity website with information and resources to help and support	mind.org.uk
<b>Action for Children</b>	Charity supporting children, young people and their families.	actionforchildren.org.uk
<b>Anxiety UK</b>	Advice and support for anyone suffering with stress and anxiety.	03444 775 774 (helpline) 07537416905 (text) anxietyuk.org.uk
<b>CALM</b>	Campaign against living miserably Provides listening services, information, support and a web chat.	0800 58 58 58 thecalmzone.net
<b>Childline</b>	24 hour helpline for support and advice on any issue.	0800 1111 childline.org.uk
<b>NHS Go</b>	NHS app with confidential health advice and support for ages 16-25	<a href="https://www.nhs.uk">nhs.go.uk</a>
<b>Youth Access</b>	Advice and counselling network and details of free local services	youthaccess.org.uk
<b>Hub of Hope</b>	National database of mental health charities and organisations	hubofhope.co.uk