



Mental health and wellbeing support

If a student needs urgent advice or support

BEAT

Support with eating disorders

Web: www.beateatingdisorders.org.uk

Email: help@beateatingdisorders.org.uk

Phone: 0808 801 0677

Other: One-to-one web chat available

Childline

Confidential helpline for young people

Web: www.childline.org.uk

Email: n/a

Phone: 0800 1111

Other: One-to-one web chat available

EACH

Support with homophobic harassment

Web: www.each.education

Email: n/a

Phone: 0808 1000 143

Other: n/a

Mind

Mental health support

Web: www.mind.org.uk

Email: info@mind.org.uk

Phone: 0300 123 3393

Other: n/a

Papyrus

Suicide prevention support

Web: www.papyrus-uk.org

Email: pat@papyrus-uk.org

Phone: 0800 068 4141

Other: text 07860 039967

Samaritans

24-hour helpline

Web: www.samaritans.org

Email: jo@samaritans.org

Phone: 116 123

Other: n/a

Shout

24-hour text message support

Web: www.giveusashout.org

Email: n/a

Phone: n/a

Other: text 85258

Switchboard

Support with sexuality and gender identity

Web: www.switchboard.lgbt

Email: hello@switchboard.lgbt

Phone: 0800 0119 100

Other: One-to-one web chat available

The Mix

Support for under-25s

Web: www.themix.org.uk

Email: n/a

Phone: 0808 808 4994

Other: One-to-one web chat available

Young Minds

Mental health support for young people

Web: www.youngminds.org.uk

Email: n/a

Phone: 0808 802 5544

Other: One-to-one web chat available

Bereavement

Cruse

Support and information

Web: www.cruse.org.uk

Email: n/a

Phone: 0808 808 1677

Other: n/a

Childhood Bereavement Network

Web: childhoodbereavementnetwork.org.uk

Email: n/a

Phone: n/a

Other: n/a

General mental health and wellbeing

Anna Freud

Children and families' mental health

Web: www.annafreud.org

Email: info@annafreud.org

Phone: n/a

Other: text AFC to 85258

Charlie Waller Trust

Mental health support for young people

Web: www.charliewaller.org

Email: n/a

Phone: n/a

Other: n/a

NSPCC

Supporting and protecting children

Web: www.nspcc.org.uk

Email: help@nspcc.org.uk

Phone: 0808 800 5000

Other: n/a

Place2Be

Wellbeing resources for parents & carers

Web: www.place2be.org.uk

Email: n/a

Phone: n/a

Other: n/a

Local support services

Ask Normen

Northamptonshire mental health gateway

Web: www.asknormen.co.uk

Email: asknormen@nhs.net

Phone: n/a

Other: n/a

CYPMHS

Supporting under-18s across Northants

Web: www.nhft.nhs.uk/cypmentalhealth

Email: n/a

Phone: 0800 170 7055

Other: text 07507 329 600

Kelly's Heroes

Suicide prevention

Web: wemindandkellymatters.org.uk

Email: hello@kellysheroes.org.uk

Phone: 0800 0025 400

Other: n/a

Youth Works Northamptonshire

Young people's support services

Web: youthworksnorthamptonshire.org.uk

Email: n/a

Phone: 01536 518339

Other: Weekly drop-in sessions