

Helplines for Young People

Childline

Helpline: 0800 1111

[childline.org.uk](https://www.childline.org.uk)

Exam stress

ChildLine is a counselling service for children and young people. You can contact ChildLine in these ways: You can phone on 0800 1111, [send us an email](#), have a [1-2-1 chat](#) with us, [send a message to Ask Sam](#) and you can post messages to the [ChildLine message boards](#). You can contact ChildLine about anything - no problem is too big or too small. If you are feeling scared or out of control or just want to talk to someone you can contact ChildLine.

The Mix

Helpline: 0808 808 4994

[themix.org.uk](https://www.themix.org.uk)

Stress

Exam stress

Life's tough, we know that. It can throw a lot your way and make it hard to know what the hell to do with it all. So, welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome. We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs. We're a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out. Whether it be through our [articles](#) and [video](#) content online or our [phone](#), [email](#), [peer to peer](#) and [counselling services](#) – we put the control in your hands. You can even volunteer with us too.

Papyrus

Papyrus HOPElineUK – 0800 068 41 41
www.papyrus-uk.org

Support for those dealing with suicide, depression or emotional distress – particularly teenagers and young adults.

Young Minds

Parent's helpline: 0808 802 5544

youngminds.org.uk

For young people

Stress: Take time out

Exam stress

National charity committed to improving the mental health of all children and young people, their parents information service provides information and advice for any adult with concerns about a child or young person.

Student Minds

studentminds.org.uk

Exam stress

Student Minds is the UK's student mental health charity. We empower students with the knowledge, confidence and skills to look after their own mental health and support others through our national network of university groups. One conversation at a time, we will transform the state of student mental health.

Students Against Depression

Stress and depression

Self help

Students Against Depression provides you with the resources you need to find a way forward from stress, low mood, depression or suicidal thinking.

Nightline

nightline.ac.uk

Nightlines provide emotional support to students in distress. Our phones are manned throughout the night during term time when other specialist university welfare services are closed. Now operating at over 90 universities and colleges, each individual Nightline is run by students for students at their university. Nightline is confidential and anonymous; students don't have to tell us anything about themselves, not even their name.

Campaign Against Living Miserably

Helpline: 0800 58 58 58

thecalmzone.net

Exam stress

Support for young men aged 15 to 35 suffering from depression.

The Samaritans

Call 116 123

samaritans.org

Whatever you're going through, we're here to help 24 hours a day. We won't judge you and we won't share what you tell us with anyone else. Get in touch by [telephone](#), [email](#), [letter](#) and [face to face](#) in the UK and Ireland. Visit befrienders.org if you live outside the UK or Ireland.

Anxiety Alliance

Helpline: 0845 2967877 (10am-4pm Monday to Friday)

anxietyalliance.org.uk

Advice and support for sufferers of anxiety disorders, phobias, panic attacks and OCD. Support is available for friends and families of sufferers too.

No Panic

Helpline 0844 967 4848 (Everyday 10:00am - 10:00pm, Charge: 5p a minute + your access charge)

Youth Helpline 0330 606 1174

nopanic.org.uk

Aims are to aid the relief and rehabilitation of those people suffering from Panic Attacks, Phobias, Obsessive Compulsive Disorders, other related Anxiety Disorders, including Tranquilliser & Drug Withdrawal, and to provide support to sufferers and their families and or carers.

CAHMS Cheshire West and Chester area

Telephone number **01244 393200**

Email address cwp.westcheshire.camhsteam@nhs.net

Other Useful helplines:

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Housing advice and homelessness

0300 123 2442

0300 123 2442

If you are homeless or threatened with homelessness this area of the website provides advice and information to help you take action.

If you need assistance from the Council you should contact the Housing Options team as early as possible if you are homeless or threatened with homelessness within 56 days. You can contact the Housing Options team by email or telephone or by completing the online self-referral form:

Online self-referral form

- Email: housingoptions@cheshirewestandchester.gov.uk
- Telephone: **0300 123 2442** (Monday, Tuesday, Thursday, Friday 9am - 5pm and Wednesday 1pm - 5pm)

If you are homeless out of normal office hours and you need accommodation tonight, you can ring the Emergency Duty Team **0300 123 8123**. This number is not for general housing advice but for people who need emergency accommodation.

COVID-19 Information for Young People

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Youth Employment help and advice

<https://www.youthemployment.org.uk/supporting-young-people-through-covid-19/>

Email

info@youthemployment.org.uk

Phone

Call us on **01536 513388**.

Food Banks:

West Cheshire Foodbank

<https://westcheshire.foodbank.org.uk>

0151 355 7730