

Below is a list of external support services.

Contact	Phone number	Email	Other information
CRISIS/EMERGENCY/SUICIDE			
Police/ Ambulance Service	999	N/A	Contact when in immediate danger
YoungMinds Text service	TEXT 85258	N/A	Texts answered by trained volunteers and are free.
Samaritans	116123	jo@samaritans.org	www.samaritans.org
CALM	0800585858	N/A	www.thecalmzone.net
PAPYRUS	08000684141 TEXT: 07786209697	pat@papyrus-uk.org	www.papyrus-uk.org
BEREAVEMENT SERVICES			
CRUSE	08088081677	helpline@cruse.org	www.cruse.org.uk
SOBS	03001115065	sobs.support@hotmail.com	www.uk-sobs.org.uk
DEPRESSION			
Mind	03001233393 TEXT: 86463	info@mind.org	www.mind.org.uk
YoungMinds	08088025544	ymenquiries@youngminds.org.uk	www.youngminds.org.uk
The Mix	08088084994	N/A	www.themix.org.uk
Childline	08001111	N/A	www.childline.org.uk
ANXIETY			
Anxiety UK	08444775774 TEXT: 07537416905	N/A	www.anxietyuk.org.uk
No Panic	08449674848	N/A	www.nopanic.org.uk
CBT Online	N/A	N/A	www.getselfhelp.co.uk
SELF-HARM			
Self-injury Support	TEXT: 07800472908	www.selfinjurysupport.org.u	www.selfinjurysupport.org

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EATING DISORDERS			
ABC	03000111213	N/A	www.anorexiabulimiare.org.uk
b-eat	08088010677	help@b-eat.co.uk	www.b-eat.co.uk
ONLINE COUNSELLING			
Kooth	N/A	N/A	www.kooth.com
LGBT+ SUPPORT			
LGBT Foundation	03453303030	helpline@lgbt.foundation	https://lgbt.foundation/
Stonewall	N/A	N/A	https://www.stonewall.org.uk/
SUPPORT FOR PARENTS/PARERS			
Parent Support Group	07908101767	admin@psg.org.uk	www.psg.org.uk
Parentline	08088002222	N/A	https://www.familylives.org.uk
Parent Zone	020 7686 7225	info@parentzone.org.uk	www.parentzone.org.uk
WELLBEING AND MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE IN BEXLEY			
HeadScape by Oxleas NHS Trust	N/A	N/A	https://headscapebexley.co.uk/headscape/

childline

ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111



Apps

There are many Apps you can download that have ideas of how to self-help and information about support.



CRISIS/EMERGENCY/SUICIDE
StayAlive (http://www.prevent-suicide.org.uk)
BEREAVEMENT SERVICES
Child Bereavement UK (http://childbereavementuk.org/our-app)
Apartofme (https://bounce.works/apartofme/)
DEPRESSION
MindTools (http://www.mindtools.org)
BASE (http://www.solentcamhs.nhs.uk)
HeadSpace (www.headspace.com)
Moodometer (http://myhealthapps.net/app/details/363/moodometer)
ANXIETY
SAM (http://sam-app.org.uk)
Youper (http://www.youper.co/start-now)
SELF-HARM
CALM HARM (http://www.stem4.org.uk/calmhalm/)
EATING DISORDERS
Recovery Record (http://www.recoveryrecord.com/)
Rise Up Warriors (http://www.recoverywarriors.com/app/)
PSYCHOSIS
Emoods (http://emoodtracker.com)

