

The summer break from school can be daunting, but there is help out there. Below are some links and suggested places to look.

Anxiety UK: Support for those suffering with anxiety. Helpline – 03444 775 774 / text service – 07537 416905/ Email – support@anxietyuk.org.uk

Bullying UK (part of family lives) Helpline – 0808 800 2222/ Online forum – www.familylives.org.uk

Childline: Any issue children/ young people are facing Helpline – 0800 1111 / www.childline.org.uk 1-2-1 counsellor chat

National Bullying Helpline: Advice and support for parents and young people 0845 2255 787

No Panic: Support for those who have panic attacks

Youth Helpline - 0330 606 1174 / Email - info@nopanic.org.uk

Young minds: Mental health and wellbeing support <https://youngminds.org.uk/> Crisis messenger – Text YM to 85258

Oxfordshire CAMHS: <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

MHST videos and resources: <https://www.response.org.uk/mental-health-support-team-podcasts-videos/>

In a crisis

For 24/7 support within Oxfordshire for Mental Health please call **111**.



Text **YM to 85258** for free mental health crisis support, any time of the day.