

Additional support services for young people

Service	Information/Support Offered	Contact details
CAMHS Live	Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stressed	www.nhft.nhs.uk/camhslive
Young Minds	Crisis Messenger	text YM to 85258
Childline	Online, on the phone help about all areas of concern. Web site is full of useful information	0800 1111 www.childline.org.uk
CASUS	Need help with Drug & Alcohol abuse? CASUS is an early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire.	01223 214614
STEM	Supporting teenage mental health	www.stem4.org.uk
NHS	For your mind, for your body – support for all areas	www.nhs.uk
NSPCC	National Society for the Protection of Children	0808 800 5000 (free)
School Nursing	Chat Service	07480 635443
CHUMS	Mental health and emotional well-being to support children	Cambridgeshire : 0330 0581 659
CHUMS	CHUMS wellbeing drop in service opening hours	http://chums.uk.com/wp-content/uploads/2020/03/Duty-Line-2020-1.pdf
Kooth	Free safe and online support for young people	Kooth.com
BBC	Coronavirus; How to protect your mental health	https://www.bbc.co.uk/news/health-51873799
CEOP	Reporting on-line abuse and other concerns	https://www.ceop.police.uk/safety-centre/
Talk to Frank	Information and advice about drugs and alcohol	https://www.talktofrank.com/
Young Carers	Support for young people caring for others	http://centre33.org.uk/
VOICE	victim of theft, robbery, attacks, abuse, violence, harassment, or stalking?	0300 3031965
CIRV	In a Gang and want out? Know someone else who needs help getting out of gang related activity?	call 24/7 on 07539183975

Useful Apps		
Calm Harm	Help you to resist or manage the urge to self-harm and can help to reduce anxiety.	https://calmharm.co.uk/
Clear Fear	manage the symptoms of anxiety.	https://www.clearfear.co.uk/
Combined Minds	To help families and friends provide mental health support for children and young people	https://combinedminds.co.uk/