



## Useful Mental Health Organisations and Charities

The following websites are just some of the amazing organisations and charities available offering a wealth of helpful resources, information and advice lines for parents/carers of young people and children and adults to use:-



<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

The NHS 5 Steps to Wellbeing are:-

1. Connect with other people
2. Be physically active
3. **Pay attention to the present moment (mindfulness)**
4. Learn new skills
5. Give to others



<https://www.nhs.uk/oneyou/every-mind-matters/>

Created by Public Health England with tips and advice developed with experts and approved by the NHS.



<https://giveusashout.org/>

**Shout 85258** is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.



<https://www.samaritans.org/>

**Samaritans** works to make sure there's always someone there for anyone who needs someone.

**Support Helpline: 116 123**



<https://www.anxietyuk.org.uk/>

Expert advice to support anxiety



<https://www.childline.org.uk/>

**Childline** offer 24/7 support for children and young people and have a wealth of information for parents to support their child's health. **Helpline: 0800 11 11**



<https://www.orchardocd.org/>

**Orchard** is a charity focusing on developing treatments for patients suffering from obsessive-compulsive disorder (OCD)



<https://www.beateatingdisorders.org.uk/>

Beat is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf.

**Helpline: 0808 801 0677** Studentline: 0808 801 0811

Youthline: 0808 801 0711



<https://www.place2be.org.uk>

**Place2Be** provides mental health counselling support and training to schools to improve the emotional wellbeing of pupils, families, teachers and staff.



<https://www.papyrus-uk.org/>

**PAPYRUS** is the UK Charity for the prevention of young suicide (under 35)



<https://www.thecalmzone.net/>

The **Campaign Against Living Miserably (CALM)** is leading a movement against suicide. 75% of all UK suicides are male. Calm exists to change this.



<https://www.mind.org.uk/>

**Mind** provide advice and support to empower anyone experiencing a mental health problem.



<https://youngminds.org.uk/>

The UK's leading charity fighting for children and young people's mental health. We will make sure all young people get the best possible mental health.

**Parent Helpline – 0808 802 5544**

<https://youngminds.org.uk/resources/>



<https://www.annafreud.org/>

Dedicated to offering information and support for children's mental health.



On my Mind – resources from Anna Freud (AFNCCF) for children and young people including:-

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>



<https://www.actionforhappiness.org/>

**Action for Happiness** helps people take action for a happier and kinder world. 10 keys for happier living.



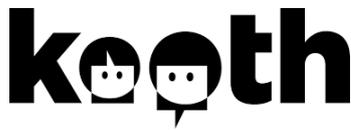
## Local Services for Windsor & Maidenhead Residents

**CAMHS**  
Child and Adolescent  
Mental Health Services

Available to Under 18's living in RBWM who are experiencing more serious mental health problems, disorders and illnesses.

Access via school or other professional.

Contact details: 01628 640300



<https://www.kooth.com/>

A mental health wellbeing online community offering free counselling service for children and young people aged 11-19 years.



familyfriends

<http://family-friends.org.uk/>

[info@familyfriends.org.uk](mailto:info@familyfriends.org.uk)

Family Friends is a charity providing short term support for families who are facing difficulties.



<https://number22.org/>

Number 22 is a registered charity providing free and confidential counselling to adults and young people in Windsor, Maidenhead and Slough.



<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>



<https://talkingtherapies.berkshirehealthcare.nhs.uk/>