

Signposting for Young People

Crisis Support

Text:

Shout: Text **SHOUT** to 85258, 24/7

Phone:

Childline: 0800 1111, 24/7

Samaritans: 116 123, 24/7

Connection, Dorset's NHS Mental Health Helpline: 0800 652 0190, 24/7

CALM: 0800 585858, 5pm – Midnight 365 days a year

The Mix: 0800 808 4994, 4pm – 11pm Mon – Sat

Anger

Websites:

CALM

www.thecalmzone.net/guides/anger

Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/>

Help For Heroes

www.helpforheroes.org.uk/news/anger

Mind

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/dealing-with-anger/>

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-dealing-with-anger/>

NHS

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anger/>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide>

SupportLine

<https://www.supportline.org.uk/problems/anger-management/>

The Mix

<https://www.themix.org.uk/mental-health/looking-after-yourself/dealing-with-anger-6631.html>

Young Minds

www.youngminds.org.uk/young-person/my-feelings/anger/

Helplines and Text Support:

Childline

Call: 0800 1111, 24/7

SHOUT

Text **SHOUT** to 85258, 24/7

SupportLine

Helpline: 01708 765 200

6pm - 8pm Tues – Thurs

The Mix

Call: 0808 808 4994

4pm – 11pm Mon - Sat

Workshops

AVP Britain

www.avpbritain.org.uk

Books

It's Not Personal! A Guide to Anger Management (*Alice J. Katz*)

Anxiety

Websites:

Childline

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>

Health for Teens

<https://www.healthforteens.co.uk/feelings/>

Mind

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

NHS

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anxiety-fear-panic/>

No Panic

<https://nopanice.org.uk/youth-hub/>

Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/anxiety-for-young-people>

Shout

<https://giveusashout.org/get-help/resources/stress-and-anxiety-support/>

The Mix

<https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias>

Young Minds

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

Helplines and Text Support:

Childline

Call: 0800 1111, 24/7

No Panic

Youth Line: 0330 606 1174

Helpline: 0300 772 9844

10am – 10pm 365 days a year

SHOUT

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SupportLine

Helpline: 01708 765 200

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The Mix

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4pm – 11pm Mon – Sat

Apps:

<https://www.camhs-resources.co.uk/apps-1>

Clear Fear: CBT-informed reduction of fight/flight symptoms

Headspace

MindShift – CBT Anxiety Relief (12+)

Molehill Mountain: An app to help autistic people understand and self-manage anxiety.

Orcha

<https://ourdorset.orchhealth.com/en-GB>

A database of self-help apps that have been reviewed by professionals.

Rootd: Panic Attack Relief

Smiling Mind

ThinkNinja (10-18)

Wysa

Bullying

Websites:

Act Against Bullying:

<https://actagainstbullying.org/>

Anti-Bullying Alliance

<https://anti-bullyingalliance.org.uk/>

Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

Kidscape

www.kidscape.org.uk

Shout

<https://giveusashout.org/get-help/issues/bullying/>

<https://giveusashout.org/get-help/resources/bullying-and-mental-health/>

The Mix

<https://www.themix.org.uk/bullying-support>

Young Minds

<https://www.youngminds.org.uk/young-person/coping-with-life/bullying/>

Services:

Bullies Out

<https://bulliesout.com/>

The CyberSmile Foundation

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

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Childline

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SupportLine

Helpline: 01708 765 200
6pm – 8pm Tues – Thurs

The Mix

Call: 0808 808 4994
4pm – 11pm Mon – Sat

Apps:

<https://www.camhs-resources.co.uk/apps-1>

Feeling Good: Mental Fitness (12+)

Hub of Hope

Ollee: (8-11) helps children articulate their feelings and share with their parents

Orcha

<https://ourdorset.orchahhealth.com/en-GB>

A database of self-help apps that have been reviewed by professionals.

7 Cups: Online Therapy & Chat (12+)

Tellmi

ThinkNinja (10-18)

Wysa

Drug and Alcohol Misuse

Websites:**Childline**

<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/alcohol/>

<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/>

EDAS (Engage, Develop, Adapt, Succeed)

<https://www.edasuk.org/support/yp/>

<https://www.edasuk.org/support/be-mindful/>

FRANK

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

SupportLine

<https://www.supportline.org.uk/problems/alcohol/>

<https://www.supportline.org.uk/problems/drugs/>

The Mix

<https://www.themix.org.uk/drink-and-drugs>

With You

<https://www.wearewithyou.org.uk/services/bournemouth-for-young-people/>

Young Minds

<https://www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol/>

Helplines and Text Support:

EDAS (Engage, Develop, Adapt, Succeed)
Call: 01202 741414

FRANK

Call: 0300 123 6600, 24/7
Text: 82111

With You

Call: 01202 558855

Counselling:

EDAS (Engage, Develop, Adapt, Succeed)

<https://www.edasuk.org/support/private-counselling/>

Websites:**Catch 22**

<https://www.catch-22.org.uk/offers/gangs/>

If you are involved in, trapped in, or being groomed to work within gang cultures there is 1:1 support available if you are being exploited. There is a way out and a brighter future, we are on your side Catch22.

Childline

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/gangs/>

Fearless

<https://crimestoppers-uk.org/fearless>

Fearless enables young people to pass on information about crime 100% anonymously.

Health for Teens

<https://www.healthforteens.co.uk/lifestyle/drugs/county-lines-just-the-facts/>

NSPCC

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/>

Pan-Dorset Safeguarding Children Partnership

Gang Culture/ County Lines

<https://pdscp.co.uk/working-with-children/child-exploitation/county-lines/>

Information for young people and professionals.

St Giles Trust

<https://www.stgilestrust.org.uk/support-us/keep-children-safe/advice-for-children-and-young-people/>

The Mix

<https://www.themix.org.uk/search/gangs>

Helplines and Text Support:

Childline

Call: 0800 1111, 24/7

Fearless

Call: 0800 555 111 24/7

Report a crime. 100% anonymous. Always.

Online Form:

<https://crimestoppers-uk.org/fearless/give-information-anonymously>

NSPCC

Call: 0808 800 5000

10am-8pm Mon-Fri

General

Websites:

Anna Freud

<https://www.annafreud.org/on-my-mind/self-care/>

Barnardo's

<https://mymentalhealth.barnardos.org.uk/>

CALM

<https://www.thecalmzone.net/guide-list>

CAMHS

<https://www.camhs-resources.co.uk/websites>

Childline

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

Dorset Mind

<https://dorsetmind.uk/>

Health for Teens

<https://www.healthforteens.co.uk/>

Help and Kindness

<https://www.helpandkindness.co.uk/>

Hub of Hope

<https://hubofhope.co.uk/>

JAAQ

<https://jaaq.org/>

Kooth

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

Live Well Dorset

<https://www.livewelldorset.co.uk/>

Mind

<https://www.mind.org.uk/for-young-people/>

NHS

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

Orcha

<https://ourdorset.orchahahealth.com/en-GB>

A database of self-help apps that have been reviewed by professionals.

Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Samaritans

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

SupportLine

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

<https://www.supportline.org.uk/problems/a-z/>

<https://www.supportline.org.uk/problems/children-and-young-people-support/>

Shout

<https://giveusashout.org/get-help/resources/>

The Children's Society

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

The Mix

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

Teenage Helpline

<https://teenagehelpline.org.uk/information-and-support/>

Teen Sleep Hub

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

UP in BCP

<https://www.upinbcp.co.uk/>

Young Minds

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

Helplines and Text Support:

Chat Health – Dorset

Text: 07480 635511

8:30am – 4:30pm Monday – Friday

Childline

Call: 0800 1111, 24/7

Connection

Call: 0800 652 0190, 24/7

Samaritans

Call: 116 123, 24/7

SHOUT

Text **SHOUT** to 85258, 24/7

SupportLine

Helpline: 01708 765 200

6pm – 8pm Tues – Thurs

The Mix

Call: 0808 808 4994

4pm – 11pm Mon – Sat

UP in BCP

Call: 07800 480602

Apps

<https://www.camhs-resources.co.uk/apps-1>

Feeling Good: Mental Fitness (12+)

Hub of Hope

Ollee: (8-11) helps children articulate their feelings and share with their parents

7 Cups: Online Therapy & Chat (12+)

Tellmi

ThinkNinja (10-18)

Wysa

Services:

CAMHS Gateway Self Referral

This CAMHS Gateway self-referral form is for 16-17 year olds in Dorset.

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/child-and-adolescent-mental-health-camhs/camhs-self-referral-form>

Steps to Wellbeing

Local, free, confidential NHS service for people aged 18+, providing psychological support across Dorset and Southampton for people registered at either a Dorset or Southampton GP surgery. As an IAPT service (Improving Access to Psychological Therapies)

<https://www.steps2wellbeing.co.uk/>

Self-referral:

https://www.steps2wellbeing.co.uk/easy_ways_to_refer/

LGBTQ+

Websites:

Childline

<https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/>
PAGE OFFERS A HIDE PAGE OPTION

Galop

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

Health for Teens

<https://www.healthforteens.co.uk/relationships/lgbtq/>

Mermaids UK

www.mermaidsuk.org.uk

Mind

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/about-lgbtqia-mental-health/>

Mind Out

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

NHS

<https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/mental-health-support-if-you-are-gay-lesbian-bisexual-lgbtq/>

Space Youth Project LGBTQ+

www.spaceyouthproject.co.uk

The Mix

<https://www.themix.org.uk/sex-and-relationships/gender-and-sexuality>

Young Minds

<https://www.youngminds.org.uk/young-person/coping-with-life/sexuality-and-mental-health/>

Helplines and Text Support:

Childline

Call: 0800 1111, 24/7

Mermaids UK

Helpline: 0808 801 0400
9am – 9pm Mon – Fri
Crisis: Text: MERMAIDS to 85258, 24/7

National Helpline for LGBTQ+ Victims and Survivors of Abuse and Violence

Helpline: 0800 999 5428
10am – 8:30pm Mon – Thurs
10am – 4:30pm Fri

Space Youth Project LGBTQ+

Call: 01202 205 279

Switchboard

Call: 0300 330 0630
10am – 10pm 365 days a year

Housing:

AKT

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

AKT supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

Loss

Websites:

Child Bereavement UK

www.childbereavementuk.org

Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/when-someone-dies/>

Cruse

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

Dorset Open Door

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/dorset-open-door>

Grief Encounter

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

Hope Again

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

Mind

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

Mosaic

<https://mosaicfamilysupport.org/>

NHS

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>

Papyrus

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

Simon Says

www.simonsays.org.uk

The Good Grief Trust

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

Winston's Wish

www.winstonswish.org

Young Minds

<https://www.youngminds.org.uk/young-person/my-feelings/grief-and-loss/>

Grief Counselling:

Grief Encounter

<https://www.griefencounter.org.uk/get-support/support-services/referral/>

Mosaic

<https://mosaicfamilysupport.org/get-support/how-to-refer>

Helplines and Text Support:

Cruse

Call: 0808 808 1677

9:30am – 5pm Mon and Fri

9:30am – 8pm Tues – Thurs

10am – 2pm Sat and Sun

Grief Encounter: Grief Talk

Helpline: 0808 802 0111

9am – 9pm Mon – Fri

Simon Says

Support Line: 023 8064 7550 Mon – Fri

Winston's Wish

Helpline: 08088020021

8am – 8pm Mon – Fri

Apps:

Apart of Me: supports and guides young people through gaming

Grief Refuge

Grief Works: Self Care & Love

Books:

From a Clear Blue Sky (*Timothy Knatchbull*)

Grief Encounter (Workbook) (*Shelley Gilbert*)

Rory's Story, a Teenage Story of Loss
(*Anna Jacobs*)

Sometimes Life Sucks: When Someone You Love Dies (*Molly Carlile*)

Still Here with Me: Teenagers and children on losing a parent (*Suzanne Sjoqvist*)

What on earth do you do when someone dies? (*Trevor Romaine and Elizabeth Verdick*)

Low Mood

Websites:

CALM

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

Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/depression/>

Health for Teens

<https://www.healthforteens.co.uk/feelings/low-mood/>

Mind

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/>

NHS

<https://www.nhs.uk/every-mind-matters/mental-health-issues/low-mood/>

Papyrus

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

Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/depression-in-young-people>

Samaritans

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/signs-you-may-be-struggling-cope/>

The Mix

<https://www.themix.org.uk/mental-health/depression-mental-health>

Young Minds

<https://www.youngminds.org.uk/young-person/my-feelings/down-and-unable-to-cope/>

Helplines and Text Support:

CALM

Helpline: 0800 585858, 5pm – Midnight 365 days a year

Papyrus HOPELINEUK

Call: 0800 068 4141, 24/7

Text: 07860 039967, 24/7

Samaritans

Call: 116 123, 24/7

SHOUT

Text **SHOUT** to 85258, 24/7

The Mix

Call: 0808 808 4994

4pm – 11pm Mon – Sat

Apps:

<https://www.camhs-resources.co.uk/apps-1>

Calm Harm: helps to manage or resist the urge to self-harm (12+)

Feeling Good: Mental Fitness (12+)

MoodTools: Depression Aid (12+)

Move Mood (12+)

Orcha

<https://ourdorset.orchhealth.com/en-GB>

A database of self-help apps that have been reviewed by professionals.

7 Cups: Online Therapy & Chat (12+)

Samaritans Self-Help

ThinkNinja (10-18)

Low Self-Esteem

Websites:

Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>

<https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/>

Mind

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/confidence-and-self-esteem/>

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-building-confidence-and-self-esteem/>

NHS

<https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>

Shout

<https://giveusashout.org/latest/embrace-imperfections-build-self-esteem/>

SupportLine

<https://www.supportline.org.uk/problems/self-esteem-and-self-confidence/>

The Mix

<https://www.themix.org.uk/mental-health/body-image-and-self-esteem/low-self-esteem-5941.html>

<https://www.themix.org.uk/mental-health/body-image-and-self-esteem/building-self-esteem-5940.html>

Young Minds

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

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Childline

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SupportLine

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6pm – 8pm Tues – Thurs

The Mix

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4pm – 11pm Mon – Sat

Apps:

<https://www.camhs-resources.co.uk/apps-1>

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Tellmi

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Wysa

Parents Separating

Websites:

Children and Family Court Advisory and Support Service (CAFCASS):

<https://www.cafcass.gov.uk/young-people/my-parents-are-separating/>

Childline

<https://www.childline.org.uk/info-advice/home-families/family-relationships/divorce-separation/>

Gingerbread

<https://www.gingerbread.org.uk/find-information/managing-separation/adjusting-to-parents-splitting-up/>

National Association of Child Contact Centres (NACCC)

<https://naccc.org.uk/for-children/young-persons-homepage/>

The Mix

<https://www.themix.org.uk/sex-and-relationships/family-life/when-parents-divorce-3294.html>

<https://www.themix.org.uk/sex-and-relationships/family-life/how-to-deal-with-divorce-3295.html>

Voices In The Middle

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

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The Mix

Call: 0808 808 4994
4pm – 11pm Mon – Sat

Apps:

<https://www.camhs-resources.co.uk/apps-1>

Orcha

<https://ourdorset.orchahahealth.com/en-GB>

A database of self-help apps that have been reviewed by professionals.

Wysa

Sexual Trauma

Sexual Health Dorset

[Online STI testing and contraception services in Dorset - Sexual Health Dorset](#)

contraception and pregnancy to relationship worries and consent.

STARS (Sexual Trauma and Recovery Service)

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

Support Line: 01202 308855, 1pm – 3pm
Mon, Tues & Fri and 7:30pm – 9:30pm Wed
and Thurs

Counselling: 01202 308851

Children and Young People Service: 01202
308 846

Independent Sexual Violence Advisor

Service: 01202 308852

General Enquiries: 01202 308840

ACTS FAST

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

Support for families of people who have
been sexually assaulted/abused.

Childline

[https://www.childline.org.uk/info-
advice/friends-relationships-sex/sex-
relationships/healthy-unhealthy-
relationships/](https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/)

Childline 1-2-1 Counsellor Chat

[https://www.childline.org.uk/get-support/1-
2-1-counsellor-chat/](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)

Everyone's Invited

<https://www.everyonesinvited.uk/>

A place for survivors to share their stories.

Health for Teens

[https://www.healthforteens.co.uk/sexual-
health/consent-and-the-law/](https://www.healthforteens.co.uk/sexual-health/consent-and-the-law/)

NHS

[https://www.nhs.uk/live-well/sexual-
health/help-after-rape-and-sexual-assault/](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/)

NSPCC

[https://www.nspcc.org.uk/what-is-child-
abuse/types-of-abuse/child-sexual-abuse/](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse/)

24/7 sexual abuse support

Offers 40-minute phone chat and a separate
webchat function anonymously for anyone
aged 16+. Also has a 'Dos and Don'ts for
supporters' page.

<https://247sexualabusesupport.org.uk/>

The Lighthouse

[https://www.thelighthouse-
london.org.uk/guidance-and-support-for-
young-people/](https://www.thelighthouse-london.org.uk/guidance-and-support-for-young-people/)

Call: [0808 169 8112](tel:08081698112)

The Lighthouse is a safe space for you to
report abuse and seek justice for what
happened to you. You can take things at
your own pace, and our friendly, expert team
will be there to guide you through every
step of your journey towards recovery.

The Shores

<https://www.the-shores.org.uk/>

Confidential support for anyone who has
experienced sexual abuse or trauma

Think U Know

**(C.E.O.P – Child Exploitation and Online
Protection)**

https://www.thinkuknow.co.uk/11_18/

Are you worried about online sexual abuse or
the way someone has been communicating
with you online?

Make a report to one of CEOP's Child
Protection Advisors:

<https://www.ceop.police.uk/Safety-Centre/>

Sleeping Well

Websites:

Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/problems-sleeping/>

Mind

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/sleep-and-mental-health/>

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-to-improve-your-sleep/>

NHS

<https://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/>

Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/sleeping-well?searchTerms=sleep>

Shout

<https://giveusashout.org/get-help/issues/sleep/>

<https://giveusashout.org/get-help/resources/tips-if-youre-struggling-sleep/>

Teen Sleep Hub

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

The Mix

<https://www.themix.org.uk/search/sleep>

<https://www.themix.org.uk/mental-health/looking-after-yourself/how-can-i-sleep-better-at-night-45157.html>

Young Minds

<https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

<https://www.youngminds.org.uk/young-person/blog/what-to-do-if-you-re-struggling-to-sleep/>

Apps:

<https://www.camhs-resources.co.uk/apps-1>

Orcha

<https://ourdorset.orchhealth.com/en-GB>

A database of self-help apps that have been reviewed by professionals.

Smiling Mind

Young Carers

Websites:

Action for Children: Sidekick

<https://sidekick.actionforchildren.org.uk/>

Carers UK

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

My Time

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

NHS

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/>

Help and Kindness

<https://www.helpandkindness.co.uk/service/1818/Young-Carers-Service>

Pan-Dorset Safeguarding Children Partnership

<https://pdscp.co.uk/children-young-people/young-carers/>

The Adam Practice

<https://www.adampractice.co.uk/help-support/carers-information/young-carers-support-page/>

The Mix

<https://www.themix.org.uk/young-carers>

Young Minds

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>

Helplines and Text Support:

Action for Children: Sidekick

Text: 0888 868 059

12:30pm – 7:30pm Mon and Thurs

9:30am – 4:30pm Tues and Wed

9:30am – 4pm Fri

Carers UK

Call: 0808 808 7777 9am – 6pm Mon – Fri

Apps:

Young Carers Support App

Wellbeing and Counselling Services

Mentoring Minds:

This free service is designed for young people aged 11-25 who would like neutral and confidential support for mild to moderate mental health needs. Through this service we provide weekly 'check-ins' over zoom or over the phone with a trained volunteer. Each participant will be offered a session of up to 60 minutes once a week for up to 3 months.

<https://dorsetmind.uk/what-we-offer/young-people-services/young-people-121s/young-people-mentoring-minds/>

Counselling Services:

BACP

<https://www.bacp.co.uk/search/Therapists>

Dorset Mind

Counselling service for young people aged 11-17 with a free online assessment session and sessions for £15 or £30 which can be either online or in person.

<https://dorsetmind.uk/what-we-offer/young-people-services/young-people-121s/young-people-counselling/>

Family Counselling Trust

A low cost, early intervention counselling service for children, young people and their families in Dorset, Hampshire, Somerset and Wiltshire. Financial contributions towards therapy are on a sliding scale and assessed on the basis of household income. If your child receives pupil premium, the school may be able to help with funding.

The location of where the sessions take place will be arranged between you and your counsellor who will endeavour to offer you a convenient location. This may be in therapy rooms, at the counsellor's home, in school or at a GP practice near you.

Online sessions are also available.

<https://www.familycounsellingtrust.org/get-help>

Relate

Counselling service for children and young people aged 6-25 across Bournemouth, Poole and Christchurch.

<https://www.relate-bournemouth.org.uk/individual-counselling.html>

Family counselling service via Zoom or Teams as well as face to face.

<https://www.relate-bournemouth.org.uk/family-counselling.html>

Stop. Breathe. Think.

Free online counselling service for young people aged 8-21. Can be offered up to 6 session which last for 50 minute each. Can then have 6 additional 30 minute drop in sessions if needed. You will also have access to their 24/7 text helpline where you can chat to a trained counsellor at any time.

<https://www.stopbreathethink.org.uk/young-person/>

The Listening Ear

Counselling service for children and young people aged 5-19 across Bournemouth, Poole and Christchurch.

<https://www.the-listening-ear.org/>

The Mix

Free webchat or telephone counselling service for young people aged 25 and under

<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

Wired Therapy

Counselling service for young people aged 11 - 25 years old in Bournemouth, Christchurch and Poole along with wider Dorset areas. Sessions are offered on sliding scale to help make the service affordable and sustainable. Sessions can be either in person, online or over the phone.

<https://wiredtherapy.co.uk/>

Drugs Recovery Counselling:

EDAS (Engage, Develop, Adapt, Succeed)

<https://www.edasuk.org/support/private-counselling/>

Grief Counselling

Mosaic

<https://mosaicfamilysupport.org/get-support/how-to-refer>

Grief Encounter

<https://www.griefencounter.org.uk/get-support/support-services/referral/>