

Help and support for children and young people during COVID 19

- ❖ DfE helpline - 0800 046 8687
This helpline is to answer questions about education. It's available to you as well as your parents and your school staff.
- ❖ Childline - 0800 1111
<https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/>.
You can phone at anytime, the call is free. If you sign up for a Childline account on the website you'll be able to message a counsellor at any time, you don't have to use your email address. 1:1 chat with online advisors also available.
- ❖ Young Minds - <https://youngminds.org.uk/>
Support for you and also your parents/carers.
Free 24/7 crisis support across the UK if you're experiencing a mental health crisis - just text YM to 85258. All texts are answered by trained volunteers who are supported by experienced clinical supervisors.
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- ❖ Muslim Youth Helpline - 0808 808 2008
info@myh.org.uk. <http://www.myh.org.uk/>
Support by phone, live chat or email.
- ❖ Child Bereavement UK – 0800 02 888 40
<https://www.childbereavementuk.org/young-people-support@childbereavementuk.org>
App: apart of me
Supports you if someone close to you has died, or you are worried that people you care about may die.
- ❖ Winstons Wish – 08088 020 021
ask@winstonswish.org
<https://www.winstonswish.org/coronavirus/>
crisis messenger – text WW to 85258 (24/7)
Provides support for you if someone close to you has died. The helpline is operating a remote service. Please leave a voicemail and you'll get a call back from a withheld number as soon as possible.
- ❖ Papyrus - 0800 068 4141, text 07860 039967, pat@papyrus-uk.org
This day time service provides help and support if you are having suicidal thoughts, or are concerned about a friend.
- ❖ The Mix - 0808 808 4994 (1pm - 11pm daily)
<http://www.themix.org.uk/>
If you're under 25 you can talk to The Mix for free. They can help you with challenges you're facing - from mental health to money, homelessness to finding a job, break-ups to drugs.
- ❖ BBC Bitesize - <https://www.bbc.co.uk/bitesize/articles/zhphhbk>
Coronavirus: Tips on coping with fear of losing a loved one.