



Student wellbeing and mental health - where you can get support outside of school

I have put together this information for you to access if you are struggling with your mental health and wellbeing. We will always do what we can to support you in school, but sometimes you might prefer to access support outside of school. All these services are free. I hope this is useful if you are finding things difficult.

Mrs Cowen

Student Wellbeing Lead

Anna Freud Youth Wellbeing Directory

Free local and national organisations for anyone up to the age of 25, along with important information you may find helpful. Website:

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

Enfield IAPT Team: Counselling service for 16+ with mild- moderate mental health difficulties.

Website: www.lets-talk-iapt.nhs.uk Self-refer: <https://www.lets-talk-iapt.nhs.uk/self-referral>

Mind: Mental health charity providing information and support.

Website: <https://www.mind.org.uk/information-support/types-of-mentalhealth-problems/>

Telephone numbers: Advice - 0208 906 7505 | Counselling - 0208 906 7508 | Wellbeing - 0208 906 7507

Young Minds: Mental health support for young people (For Parents and Young People) Website:

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

Kooth: online counselling service with a qualified counsellor and emotional well-being platform for children and young people. Website: <https://www.kooth.com/>

The Mix: A support service for young people – advice and support on mental health, money, homelessness, finding a job, break-ups, drugs. Online, social or our free, confidential helpline. Also has a crisis messenger where you can get crisis support via text. Text THEMIX to 85258 for crisis support Website: <https://www.themix.org.uk/>

Woebot: Woebot is an automated conversational agent (chatbot) who helps you monitor your mood and learn about yourself. Drawing from a therapeutic framework known as Cognitive Behaviour Therapy. Website: <https://www.woebot.io/>

Childline: Advice articles, games, online forum, mood tracker, phone line, access to online counsellor for under 18s. Telephone: 08001111 (free and anytime) Website:

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

Online counselling: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

SHOUT: Free confidential and anonymous text messaging service, any time, day or night. Text SHOUT to 85258 <https://giveusashout.org>