

Sources of support for school staff and parents

If you are feeling stressed, anxious or down, or are concerned about someone else, you may find it useful to consult the help sources listed here.

If you are experiencing **extreme feelings of distress**, we strongly encourage you to speak to your GP, so they can offer you appropriate help and support.

NHS

An information hub offering advice and help on mental health problems including depression, anxiety and stress

<http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

Well Aware

A signposting and information service for health and wellbeing organisations and events in the local area

www.wellaware.org.uk

Local IAPT Services (Improving Access to Psychological Therapies)

Find web links to your local service

www.iapt.awp.nhs.uk

Samaritans

www.samaritans.org

Helpline (24/7): 116 123

Email: jo@samaritans.org

SANE

One of UK's leading charities concerned with improving the lives of those affected by mental illness

www.sane.org.uk

Helpline (24/7): 0945 767 8000 / 0845 767 8000

Bristol MIND

Mental health charity providing advice and information.

www.bristolmind.org.uk www.mind.org.uk

Telephone: 0117 980 0370 (9am-5pm Monday to Friday)

Email: admin@bristolmind.org.uk

QWELL

Online counselling service for adults

www.qwellcounselling.com

Depression Alliance

Information and support to people with depression and their carers, lists details of local self-help groups

www.depressionalliance.org

Email: information@depressionalliance.org

Education Support Partnership (formerly Teacher Support Network)

Online advice and information for teachers

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

Helpline (24/7) for teachers: 0800 056 2561

Royal College of Psychiatrists

Leaflets and expert advice on mental health

<http://www.rcpsych.ac.uk/expertadvice.aspx>

beat (beating eating disorders)

beat is the working name of the Eating Disorders Association.

www.b-eat.co.uk

Helpline: 0845 634 1414 (M-F 10:30-8:30pm and weekends 1:00-4:30pm)

Email: help@b-eat.co.uk

Self-Injury Support

Information and support for girls and women affected by self-injury or self-harm

<http://www.selfinjurysupport.org.uk/>

Helpline: 0808 800 8088

National Domestic Violence helpline

Free 24hr confidential helpline for those experiencing domestic violence, and their friends, relatives and work colleagues

Helpline (24 hours) 0808 2000247

Cruse Bereavement Care

Online advice and information

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

Helpline (daytime): 0808 8081677

Email: helpline@cruse.org.uk

Winston's Wish

Practical support and guidance for bereaved children, their families and professionals

www.winstonswish.org.uk

Helpline: 0808 802 0021