

Mental Health Websites

WF I Can – An online resource for children and young people in Wakefield

<https://wf-i-can.co.uk/>

Children's Mental Wellbeing – NHS Every Mind Matters

<https://www.nhs.uk/mental-health/>

NSPCC Children's Mental Health

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

NHS Healthier Together

<https://www.wyhealthiertogether.nhs.uk/>

Place2Be – Improving Mental Health in schools

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

Young Minds – A Mental Health charity for children, young people and parents

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

Anna Freud National Centre for Children and Families

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

Wakefield Safe Space

07776 962 815

Anxiety UK

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

Child and Adolescent Mental Health Services Wakefield (CAMHS)

www.southwestyorkshire.nhs.uk/services/camhs-wakefield/

01977 735865

Turning Point – Talking Therapies

<https://talking.turning-point.co.uk/wakefield/>

Samaritans

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

116 123

Mental Health resources for children, parents, carers and school staff

<https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/>

Action for Children - Mental Health and Wellbeing

www.actionforchildren.org.uk/

Nip in the Bud – Learn about Children’s Mental Health through film

<https://nipinthebud.org/>

Papyrus -Prevention of Young Suicide

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

Childline

<https://www.childline.org.uk/toolbox/mental-health-first-aid-kit/>

Helplines

Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations by:

texting SHOUT to 85258

calling Childline on 0800 1111

calling the Mix on 0808 808 4994