

External Support Directory

Parkside Community College

This is an evolving list of external agencies that students and parents can be directed to in relation to mental health and wellbeing concerns.

Please feel free to add to this document if you become aware of any other support available.

Agency (+ key search terms)	Useful for...	Contacts
Youth Wellbeing Directory Local support, information directory	Directory of support on a number of issues. Search your area to find agencies local to you.	www.youthwellbeing.co.uk
On My Mind Information directory	Information, advice and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing.	www.onmymind.info
Young Minds Parental support, mental health and wellbeing, anxiety, OCD, depression, stress, suicidal, mental health conditions, drugs, alcohol, information directory	Young Minds are one of the UK's leading mental health charities. Their website has information and advice about mental health for both young people and parents.	www.youngminds.org.uk
Keep Your Head Mental health and wellbeing, parental support, information directory	Keep your head is Cambridgeshire and Peterborough's children and young people's mental health website.	www.keep-your-head.com/cyp
Kooth Counselling, emotional wellbeing	Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. It provides anonymous counselling.	Counsellors are online Monday – Friday (12pm – 10pm) and Saturday – Sunday (6pm – 10pm). www.kooth.com

<p>Chat Health</p> <p>Physical health, emotional health, school nursing team</p>	<p>Chat Health is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local school nursing team. You can get in touch for advice about your physical or emotional health.</p>	<p>Cambridgeshire text: 07480 635 443 The service is available Monday to Friday, 9.30 am to 4 pm (except bank holidays). During these times they aim to respond to all messages within 24 hours.</p>
<p>Centre33</p> <p>Mental health, counselling, young carers, sexual health, housing, food, money, jobs, benefits</p>	<p>Centre33 offers support to young people with a range of issues. Talk to them about anything.</p>	<p>Centre33 is a confidential service. They also have drop ins around the corner from school - 0333 4141809 -Text/whatsapp: 07514 783745 www.centre33.org.uk</p>
<p>YMCA</p> <p>Engagement programmes, youth offending projects, mental health interventions, domestic violence and crisis support, counselling, drop in support.</p>	<p>YMCA offer free and confidential advice and support for young people aged between 13 and 25. They aim to enable young people to develop to their full potential in mind, body and spirit to give them a brighter future.</p>	<p>www.ymcatrinitygroup.org.uk/counselling</p>
<p>Cruse Bereavement Care</p> <p>Bereavement</p>	<p>Support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.</p>	<p>www.cruse.org.uk</p>
<p>ChildLine</p> <p>Bullying, abuse, your body, friends, relationships, sexual health, home, family, school, work, college</p>	<p>ChildLine offers information and support to help young people make decisions that are right for them. ChildLine also have a free telephone number which you can call for advice.</p>	<p>www.childline.org.uk Tel: 0800 1111</p>
<p>The Mix</p> <p>Sexual health and relationships, your body, mental health, drink and drugs, housing, money, work and study, crime and safety, travel, lifestyle</p>	<p>A website for young people under the age of 25. Offering information and support on various topics.</p>	<p>www.themix.org.uk/mental-health Tel: 0808 808 4994</p>

<p>Bullying UK</p> <p>Mental health, bullying, sexting, consent, abusive relationships, healthy relationships</p>	<p>Bullying can have a big impact on your mental health. Find out more about what you might be feeling, how you can get support, and ways to help yourself feel better.</p>	<p>www.bullying.co.uk/general-advice</p>
<p>Talk to Frank</p> <p>Drugs, alcohol, smoking</p>	<p>Talk to Frank offer a friendly and confidential advice on drugs. You can find everything you might want to know about drugs on their website.</p>	<p>www.talktofrank.com</p>
<p>Mermaids</p> <p>Gender, identity, LGBTQ+</p>	<p>Mermaids offer support and empower children, young people and parents with gender identity issues.</p>	<p>www.mermaidsuk.org.uk</p>
<p>Cambridge Rape Crisis</p> <p>Rape, sexual violence</p>	<p>Specialist support to women and girls across Cambridgeshire.</p>	<p>www.cambridgerapecrisis.org.uk Tel: 01223 245 888</p>
<p>Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership</p> <p>Sexual abuse, domestic violence</p>	<p>Find information about domestic abuse and sexual violence, including advice leaflets and how to access local services.</p>	<p>www.cambsdasv.org.uk</p>
<p>Ormiston Families Stars</p> <p>Bereavement</p>	<p>A children's bereavement support service for young people finding it difficult to cope with the loss of someone significant in their life.</p>	<p>www.ormiston.org Tel: 01223 292276</p>
<p>Ormiston Families Breaking Barriers</p> <p>Family members/friends in prison, offenders</p>	<p>We provide a range of services to support families affected by the imprisonment or offending behaviour of a relative.</p>	<p>www.ormiston.org/BreakingBarriers</p>
<p>The Kite Trust</p> <p>LGBTQ+</p>	<p>1:1 support for LGBTQ+ young people up to the age of 25.</p>	<p>www.thekitetrust.org.uk</p>
<p>Dhiverse</p> <p>Sexual health</p>	<p>A sexual health charity based in Cambridgeshire which provides high quality sexual health and HIV support, education and information for all.</p>	<p>www.dhiverse.org.uk Tel: 01223 508805</p>

AFC Crisis Messenger Anxiety, worry, panic attacks, bullying and depression	Service provides free, 24/7 crisis support for young people across the UK.	Text AFC to 85258
CASUS Drug and alcohol misuse	Information, support and specialist treatment in Cambridgeshire, around drug and alcohol use, to young people under 18 and their families.	www.cpft.nhs.uk/casus Tel: 01223 214614
Beat Eating Disorders Eating disorders, anorexia, bulimia	Information and support on eating disorders for individuals, parents and teachers.	www.beateatingdisorders.org.uk Tel: 0808 801 0677
Hope Again Bereavement	Advice for young people after the death of someone close to them including personal stories of other young people who have been bereaved.	https://www.hopeagain.org.uk/
Winston's Wish Bereavement	Emotional and practical bereavement support services to children and young people up to the age of 25, their families and those who care for them.	https://www.winstonswish.org/supporting-you/bereavement-support-services/
Cruse Bereavement	Bereavement support charity.	https://www.cruse.org.uk/
Students GP	N/A	N/A