

YOUNG MINDS

Counselling and Advice

For Children and Young People

Listed below are organisations offering advice, information or counselling. Your GP, health visitor, Citizens' Advice Bureau, library and social services should also have information about local services. Unless we state that calls are free, there will be a charge for your call. These charges vary so it is best to check with your phone company first.

YOUNGMINDS

Leading charity dedicated to improving the mental health of children and young people.

Information and advice

Parents helpline: 0808 802 5544 (free from mobiles and landlines)

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

YOUTH ACCESS

Can help locate local services which provide counselling to young people aged 12-25.

<http://youthaccess.org.uk/find-your-local-service/>

KOOTH.COM

Provides free online counselling for young people. Only available in certain parts of England and Wales.

www.kooth.com

RELATE

Children and young people's counselling. Some Relate services may charge, so check first.

www.relate.org.uk/young-people-counselling/index.html

THE SITE

Emotional support for young people (16-25) with online chat service

www.thesite.org

GET CONNECTED

Provides a confidential helpline, email, text or webchat service for young people under 25. They can provide advice and information on support services for young people including counselling.

0808 808 4994 (1-11pm daily);

Text 80849

www.getconnected.org.uk

CHILDLINE

Children and Young People up to the age of 19 can contact ChildLine about anything, big or small.

www.childline.org.uk

0800 1111 (Anytime)

COUNSELLING DIRECTORY

Lists private counsellors and psychotherapists who are registered by a professional body. They also provide information on the different types of talking therapies including family therapy:

www.counselling-directory.org.uk

Counselling and Psychotherapy

Association of Child Psychotherapists

Information on NHS services and how to find a private therapist.

www.childpsychotherapy.org.uk/about/young-people-parents-and-families

British Association for Counselling and Psychotherapy (BACP)

Professional body that sets standards for therapeutic practice, and provides information for therapists, clients of therapy, and the general public.

Website includes information about counselling and psychotherapy and how to find the right therapist.

www.itsgoodtotalk.org.uk

Tel: 01455 883 300

Monday - Friday 8.45am – 5pm

UK Council for Psychotherapy

Holds the national register of psychotherapists and can give details

of local therapists.

www.psychotherapy.org.uk

British Psychotherapy Foundation (BPF)

A leading organisation in psychotherapy and mental health, provides treatment services for adults and young people.

www.britishpsychotherapyfoundation.org.uk

British Psychological Society

Information on how psychologists can help with mental health problems, and how to find a psychologist

www.bps.org.uk/

For more detail on how to find help, please contact the YoungMinds Parents' Helpline. We provide free confidential advice to any adult concerned about the emotional problems or behaviour of a child or young person up to the age of 25.

The number is 0808 802 5544 (free from mobiles and landlines), and we are open weekdays 9.30am-4pm. You can also email us anytime on parents@youngminds.org.uk



YoungMinds

Suite 11, Baden Place,

Crosby Row, London SE1 1YW

Telephone 020 7089 5050

Website: www.youngminds.org.uk

YoungMinds Parents' Helpline is supported by the Department for Education.

All resources and publications listed on this sheet are for information only. YoungMinds cannot be held accountable for any aspect of the service of the organisation listed. Whilst every effort has been made to ensure the accuracy of this information, YoungMinds cannot accept responsibility for errors. Please let us know about any changes you may become aware of.

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