

Wellbeing Support Available

Whatever the problem, whether it's yours or a friend's, someone is there to help.

What?	Why?	How?
General support		
Childline	"A free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime." 24/7 Counsellor online chat or telephone.	childline.org.uk 0800 1111
Samaritans	"Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year"	Call 116 123 or email jo@samaritans.org
No Panic	"No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders." Helpline Monday, Tuesday, Wednesday & Friday: 3-6pm, Thursday 3-9pm, Saturday: 6-8pm.	nopanic.org.uk 0330 6061174
SHOUT	"Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope"	Text 85258
Mental Health		
Jami	"Jami is the mental health service for the Jewish community. Jami's focus is on recovery; moving from lack of control and autonomy to becoming an active member of the Jami, Jewish and wider community, taking responsibility and having control over one's life." Offers bespoke recovery support plans.	jamiuk.org
Mind	"We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect."	mind.org.uk 0300 123 3393
Kooth	"A provider of online mental health services for children and young people. An online counselling and emotional well-being platform." Online chat with a qualified counsellor for Barnet residents Monday to Friday: 12-10pm and Saturday & Sunday: 6-10pm.	kooth.com
The Mix	"The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs." Counsellor online chat or telephone 4-11pm every day or 24/7 'Crisis Messenger' by texting text THEMIX to 85258.	themix.org.uk 0808 808 4994; Text 85258
MeeTwo	"MeeTwo is an award winning free fully moderated app for teenagers, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. It allows young people to experiment with what it feels like to open up without drawing attention to themselves while positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience." Download free App from Store.	Download free App from Store meettwo.co.uk
Young Minds	Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help	youngminds.org.uk
Substance Abuse and Addiction		
Talk to Frank	"Honest info about drugs. Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today." 24/7 Calls, texts and emails, online chat Monday to Friday 2-6pm.	talktofrank.com 0300 1236600; Text 82111
Addiction Helper	"Visitors will find thousands of pages of information to help understand addiction and alcoholism. There are information pages for people struggling with addictions themselves, as well as for families, friends, employers and anyone else looking for advice." Help for Anyone Affected by addiction with advice on both NHS & private treatment options. 24/7 Calls and emails.	addictionhelper.com 0800 144 8543
Evolve	"Evolve is a not for profit organisation working with young people and adults. We provide preventative education, early intervention, counselling, family support and training for professionals in relation to the abuse of former Legal Highs, especially Volatile Substances."	evolvenorthwest.com
Addaction	"We're one of the UK's leading drug, alcohol and mental health charities. We believe everyone can change." Offers free and confidential advice and a directory of local support services. Online chat Monday - Friday: 10am-4pm and 6pm-9pm, Saturday: 11am - 4pm and Sunday: 11am - 4pm.	addaction.org.uk
Bereavement, Panic Attacks, Phobias and Disorders		
Grief encounter	"Grief Encounter is a Child Bereavement Charity. We support children & their families to help alleviate the pain caused by the death of someone close." Helpline Monday to Friday: 9am-5pm. Online chat counselling available upon request.	griefencounter.org.uk 020 8371 8455
Apart of me	"A Quest into Loss and Love. A beautiful world, built to guide you through your darkest moments. This game is designed to help you cope with the death of a loved one. Apart of Me provides young people with a safe space to grieve. Where they can hear from others who know how it feels and find strength and wisdom."	Download free App from Store apartofme.app
Beat	"Beat is the UK's eating disorder charity. We exist to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered."	beateatingdisorders.org.uk 0808 801 0711
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Domestic or relationship abuse		
JWA	"We support those affected by domestic and sexual violence"	jwa.org.uk/webchat or 0808 801 0656