

## Mental Health and Support Helplines for Return to School

<p><b>Boloh</b> For Black, Asian or Minority Ethnic child, young person, parent or carer, affected by Covid-19? Speak about your worries, problems and stresses. We provide emotional support, practical advice and help. Open 1-8 pm Monday-Friday</p>	<p>Call 0800 1512605 Webchat: <a href="#">Boloh - the Black and Asian family Covid-19 Helpline   BAME Helpline (barnardos.org.uk)(link is external)</a></p>
<p><b>CALM</b> - If you identify as male, call the campaign against living miserably Open 5pm–midnight every day</p>	<p>Call 0800 58 58 58</p>
<p><b>Childline</b> Phone calls won't show up on your bill. Open 9am-midnight</p>	<ul style="list-style-type: none"> <li>• Call 0800 1111</li> <li>• Webchat <a href="http://childline.org.uk">childline.org.uk</a></li> </ul>
<p><b>Education support</b> School staff can call 24/7 for help and advice.</p>	<ul style="list-style-type: none"> <li>• Call 08000 562 561</li> <li>• Text 07909 341229</li> </ul>
<p><b>Helplines partnership</b>, directory of UK helplines</p>	<p><a href="http://www.helplines.org/helplines/">www.helplines.org/helplines/</a>(link is external)</p>
<p><b>Kooth</b> - Free, safe and anonymous online support for young people. Open Monday - Friday, 12pm – 10pm, Saturday - Sunday 6 - 10pm</p>	<p><a href="http://www.kooth.com">www.kooth.com</a>(link is external)</p>
<p><b>Mind</b> - Call, text or email for signposting to support in your area. Open 9am-6pm Monday-Friday</p>	<ul style="list-style-type: none"> <li>• Call 0300 123 3393</li> <li>• Text 86463</li> <li>• Email <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>(link sends e-mail)</li> </ul>
<p><b>Muslim Youth Helpline</b> Provides faith and culturally sensitive support for young people. Will accept calls from all ages. Open 4-10pm every day</p>	<ul style="list-style-type: none"> <li>• Call <a href="tel:08088082008">0808 808 2008</a></li> <li>• Webchat <a href="http://myh.org.uk">myh.org.uk</a></li> </ul>
<p><b>Papyrus</b> - Under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling. Open weekdays 10am-10pm, weekends and bank holidays 2-10pm</p>	<ul style="list-style-type: none"> <li>• Call 0800 068 4141</li> <li>• Text 07786 209 697</li> <li>• Email <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>(link sends e-mail)</li> </ul>
<p><b>Samaritans</b> - To talk about anything that is upsetting you</p>	<ul style="list-style-type: none"> <li>• Call 116 123</li> <li>• Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>(link sends e-mail)</li> </ul>

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Open 24 hours a day, 365 days a year	
<b>SANEline</b> - If you're experiencing a mental health problem or supporting someone else. Open 4.30pm–10.30pm every day	Call 0300 304 7000
<b>Shout</b> - In a crisis? Anxious? Worried? Stressed?	Text 'shout' for 24/7 text service support 85258
<b>Somali Helpline</b> Advice, family support, counselling, information and signposting Open 4-9 pm Monday-Friday	Call 0800 542 6855
<b>Switchboard</b> - If you identify as gay, lesbian, bisexual or transgender you can call Switchboard. Phone operators all identify as LGBT+ Open 10am–10pm every day.	<ul style="list-style-type: none"> <li>• Call 0300 330 0630</li> <li>• Email <a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a>(link sends e-mail)</li> <li>• Webchat <a href="https://switchboard.lgbt/help/">https://switchboard.lgbt/help/</a>(link is external)#</li> </ul>
<b>The Mix</b> For under 25s Open 2pm–11pm Sunday-Friday	<ul style="list-style-type: none"> <li>• Call 0808 808 4994</li> <li>• Webchat <a href="http://www.themix.org.uk">www.themix.org.uk</a>(link is external)</li> </ul>
<b>Youth wellbeing directory</b> Find services for young people and families in your area	<a href="https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/">https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/</a>