

Finding support

All resources listed on this sheet are for information only. While every effort has been made to ensure accuracy, YoungMinds cannot accept responsibility for changes to details made by other organisations.

Emotional support for your child	
<p>The Mix www.themix.org.uk If you're under 25 you can talk to The Mix about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service.</p> <p>Helpline open daily 4-11pm: 0808 808 4994</p> <p>Email: www.themix.org.uk/get-support/speak-to-our-team/email-us</p> <p>Webchat open daily 4-11pm: www.themix.org.uk/get-support/speak-to-our-team</p> <p>Counselling service: www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service</p>	<p>Finding a counsellor or therapist</p> <p>School services Ask your child's school whether they have a free counselling service. For example, Place2Be provides emotional and therapeutic services in many primary and secondary schools: www.place2be.org.uk</p> <p>Free or low-cost services You can search online and use the Youth Wellbeing Directory to find services near you: www.annafreud.org/on-my-mind/youth-wellbeing</p> <p>Private services If this is an affordable option, you can find accredited private child and adolescent therapists near you by searching the Counselling Directory: www.counselling-directory.org.uk, BACP website: www.bacp.co.uk/search/Therapists, and UKCP website: www.psychotherapy.org.uk/find-a-therapist</p>
<p>Childline www.childline.org.uk If you're under 19 you can confidentially call, chat online or email about any problem big or small.</p> <p>24/7 helpline: 0800 1111</p> <p>Chat 1:1 with an online counsellor: www.childline.org.uk/get-support/1-2-1-counsellor-chat</p> <p>Email: Sign up on the website, so you can send your message without needing to use your name or email address, at www.childline.org.uk/registration</p>	<p>Me Two www.meetwo.co.uk A free app for teenagers providing peer support and resources. Young people can share what's going on for them and send supportive messages to others. All messages are fully moderated.</p> <p>Download from Google Play or App Store.</p>
Information and advice	
<p>Ace Education www.ace-ed.org.uk Independent advice and information for parents on education issues in England. Adviceline open Monday-Wednesday from 10am-1pm, term time only. Phone: 0300 0115 142</p> <p>You can find information on exclusions, special educational needs, bullying and other issues at: www.ace-ed.org.uk/advice-about-education-for-parents</p>	<p>Contact www.contact.org.uk The national charity for families with children with disabilities. Provides online, printed and helpline advice on education, benefits and finances, childcare, social care, medical information and more. Helpline open Monday to Friday 9:30am-5pm.</p> <p>Phone: 0808 808 3555 Email: info@contact.org.uk</p>
<p>British Dyslexia Association www.bdadyslexia.org.uk Information, support and advice for people with dyslexia and those who support them. Helpline open Tuesdays from 10am-1pm, and Wednesdays and Thursdays from 10am-3pm. Phone: 0333 405 4567 Email: helpline@bdadyslexia.org.uk</p>	<p>Dyspraxia Foundation www.dyspraxiafoundation.org.uk Information and advice for people with dyspraxia and their parents, carers and families. Helpline open Monday-Friday from 9am-1pm. Phone: 01462 454986 Email: www.dyspraxiafoundation.org.uk/helpline</p>