



CARDINAL
NEWMAN
CATHOLIC SCHOOL

Mental Health and More: Sign Posting Booklet



Young Minds

Providing specialist mental health support 24/7 to children and young people. Offering information, support and advice around all matters concerning a young person and their mental health.

Text YM to 85258 for free 24/7 support

Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



Kooth

Free, safe and anonymous mental wellbeing support. They listen, counsel and support. Offering a huge library of content, self-help tool and activities.

Join Kooth: [Home - Kooth](#)

[Digital Mental Health Care - Kooth plc](#)



Shout

A 24 hour free text service for all struggling to cope and needing support.

Text SHOUT to 85258

[Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)



Positive Choices Coventry

Offering free and confidential advice and support to young people around drinking, drugs, relationships and sexual health. For children and young people aged 5-25.

Email: coventryyp.info@cgl.org.uk

Contact Details: [Help with drinking, drugs, relationships, sexual health - Coventry \(changegrowlive.org\)](#)

[Positive Choices - Coventry service for young people \(changegrowlive.org\)](#)



ChildLine

A free and confidential 24 hour helping for children and young people who need to talk about anything. Contact via phone, email or 1-1 chat with a counsellor. They provide message boards for young people to support each other.

Telephone: 0800 1111



Email (By signing up for free): [Login | Childline](#)

1-1 Counsellor Chat: [1-2-1 counsellor chat | Childline](#)

Message Boards: [Message boards | Childline](#)

NSPCC

UK children's charity preventing abuse, rebuilding children's lives and supporting families. Provides advice and support to adults worried about a child.

Telephone: 0808 800 5000 – 24/7

[NSPCC | The UK children's charity | NSPCC](#)



Mind

Providing advice and support on mental health problems, self-harm and local help and support within England. Crisis resources, emergency advice and A-Z mental health information.

Telephone: 0300 123 3393 – Weekdays 9am-6pm

Email: info@mind.org.uk



Coventry Rape and Sexual Abuse Centre (CRASAC)

A crisis centre providing specialist support to those who have experienced sexual violence directly or indirectly.

[Home - CRASAC - Coventry Rape and Sexual Abuse Centre](#)

Helpline Number: 024 7627 7777 (24 hour - answerphone)

Main Office Number: 024 7627 7772

Email: helpline@crasac.org.uk



Early Help

Early Help is a partnership of organisations providing help, advice and support as soon as a problem emerges. With the aim to provide support as quickly as possible to prevent it getting worse. Services offered to families, children and young people, pre-birth to 19 years / 25 years where there are special educational needs or disabilities

Early Help Advice Hub: 01823 355 803

Support Request: [Early Help - Request for support - Introduction - Coventry City Council](#)

Email: earlyhelp@coventry.gov.uk

School Nursing Team

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-familyhealth-and-lifestyle-service-0-19-years> www.healthforteens.co.uk

Chat Health Texting Service: 07507 331 949 for 11-18 year olds

Parent advice: 02476 189 190 8:30am – 4:30pm Mon-Fri or text 07507 329114

Coventry Boys and Girls Club (Youth Services)

<https://www.covboysandgirlsclub.co.uk/>

Tel: 02476 224 975



Rise

[Home | CAMHS \(cwrise.com\)](http://www.cwrise.com)

Hub Number: 0300 200 2021

CAHMS: 024 76961 368

Neuro-Development Team: 024 76961 226

Crisis Team: 024 76641 799



Coventry Multi Agency Safeguarding Hub (MASH)

Tel: 02476 788 555

Email: mash@coventry.gov.uk



Mental Health and Self-Harm

Childline	<p>Telephone: 0800 1111</p> <p>Email (By signing up for free): Login Childline</p> <p>1-1 Counsellor Chat: 1-2-1 counsellor chat Childline</p> <p>Message Boards: Message boards Childline</p>
Mind	<p>Home - Mind</p> <p>Telephone: 0300 123 3393 – Weekdays 9am-6pm</p> <p>Email: info@mind.org.uk</p>
Young Minds	<p>Text YM to 85258 for free 24/7 support</p> <p>Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm)</p> <p>YoungMinds Mental Health Charity For Children And Young People YoungMinds</p>
The Mix	<p>The Mix - Essential support for under 25s</p> <p>Telephone: 0808 808 4994</p> <p>1-2-1 Chat: Speak to Our Team - The Mix – (4pm-11pm)</p> <p>Crisis Messenger: Text THEMIX to 85258 (24/7)</p> <p>Email: Email us - The Mix</p>
Life Signs (Self-Injury)	LifeSIGNS – the user-led self-harm small charity
Mental Health Foundation	Mental Health Foundation
Kooth	<p>Join Kooth: Home - Kooth</p> <p>Digital Mental Health Care - Kooth plc</p>
Shout	<p>Text SHOUT to 85258</p> <p>Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)</p>

Bereavement

Cruse Bereavement Care	<p>Home - Cruse Bereavement Support</p> <p>Telephone: 0808 808 1677</p> <p>Email: helpline@cruse.org.uk</p> <p>Cruse 1-2-1 Chat: CruseChat Chat online with a grief counsellor</p>
Hope Again - Cruse For young people living after loss	<p>Hope Again</p> <p>Telephone: 0808 808 1677</p> <p>Email: helpline@cruse.org.uk</p>
National Bereavement Partnership	<p>HOME National Bereavement Partnership</p> <p>Telephone: 0800 488 0800 (7am – 10pm)</p> <p>Email: helpline@nationalbereavementpartnership.org</p>

Survivor of Bereavement by Suicide	Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org) Email: email.support@uksobs.org Telephone: 0300 111 5065
Child Bereavement UK	Child Bereavement UK Telephone: 0800 02 888 40 Email: helpline@childbereavementuk.org
Child Death Helpline	Child Death Helpline - Home Telephone: 0800 282 986
Compassionate Friends	The Compassionate Friends (tcf.org.uk) Telephone: 0345 123 2304 Main Office: 0345 120 3785 Email: helpline@tcf.org.uk
Grief Encounter Support for children and young people	Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter Telephone: 0808 802 0111 (9am – 9pm) Links for 1-2-1 chat and email support on the website
Winston’s Wish Support for children and young people	Winston's Wish - giving hope to grieving children (winstonswish.org) Support for families and guidance for professionals: Bereavement support for children and families Winston's Wish (winstonswish.org) Telephone: 08088 020 021 Email: ask@winstonswish.org
At A Loss	Signposting Bereaved People to Support. (ataloss.org) Speak to an online bereavement counsellor: https://www.ataloss.org/live-chat Email: office@ataloss.org
Dying Matters Hospice – End of life care	Homepage Hospice UK
Disaster Action For the bereaved and survivors of major disasters	Disaster Action / Disaster Action Email: admin@disasteraction.org.uk

Bullying

Childline	Telephone: 0800 1111 Email (By signing up for free): Login Childline 1-1 Counsellor Chat: 1-2-1 counsellor chat Childline Message Boards: Message boards Childline
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The National Bullying Helpline	Information and advice about all forms of bullying (nationalbullyinghelpline.co.uk) Helpline Telephone: 0300 323 0169 Email: help@nationalbullyinghelpline.co.uk
Kidscape	Help With Bullying (kidscape.org.uk) Bullying advice: Advice for parents, carers and young people (kidscape.org.uk) Email: info@kidscape.org.uk
The Cyber Smile Foundation	Cybersmile – Cyberbullying Email: help@cybersmile.org
eCrime Part of The National Bullying Helpline	eCRIMEeCrime Action Bullying on-line (ecrime-action.co.uk)

LGBTQIA+

Switichboard	Brighton & Hove LGBT Switchboard Live webchat accessible through website: Contact us - Brighton & Hove LGBT Switchboard Telephone: +01273 359042
LGBT Foundation	LGBT Foundation - Home Telephone: 0345 330 30 30 Email: info@lgbt.foundation
Stonewall	Stonewall Help and Advice: Help & Advice Stonewall Telephone: 0800 050 2020
Families and Friends of Lesbians and Gays	Welcome - FFLAG Helpline Telephone: 0300 688 0368 (Confidential) Email: support@fflag.org.uk
The Trevor Project	The Trevor Project For Young LGBTQ Lives

Suicide and Emotional Distress

Samaritans	Samaritans Every life lost to suicide is a tragedy Here to listen Telephone: 116 123 Self-Help App: Self-Help Samaritans
SOS Silence of Suicide	

Shout	Text SHOUT to 85258 Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)
Papyrus Support for children and young people	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)
CALM	Get Help - Campaign Against Living Miserably (thecalzone.net)
Survivors of Bereavement by Suicide	Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org) Email: email.support@uksobs.org Telephone: 0300 111 5065

Trauma

NHS	Overview - Post-traumatic stress disorder - NHS (www.nhs.uk)
Mind	Home - Mind Telephone: 0300 123 3393 – Weekdays 9am-6pm Email: info@mind.org.uk Trauma advice: What is trauma? - Mind PTSD Advice: What is PTSD? - Mind
Assist Trauma Care	ASSIST Trauma Care Working together from trauma to recovery Telephone: 01788 551 919 Support Contact Form: Contact Us (assisttraumacare.org.uk)
PTSD UK	PTSD UK Urgent Support: Text CONTACT to 85258 Support and Information: I need support and information – PTSD UK Contact Form: I need support and information – PTSD UK

Eating Disorders

ABC	Home Anorexia & Bulimia Care (anorexiabulimiare.org.uk) Eating disorder support email: support@anorexiabulimiare.org.uk Parent, family, friends of someone struggling with an eating disorder: familyandfriends@anorexiabulimiare.org.uk
Beat	The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk) Email: help@beateatingdisorders.org.uk Telephone: 0808 801 0677
NHS	Overview – Eating disorders - NHS (www.nhs.uk)

National Centre For Eating Disorders	National Centre for Eating Disorder Help Treatment & Training (eating-disorders.org.uk) Email: admin@ncfed.com Telephone: 0845 838 2040
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Equality, Racism and Racist Hate Crime

Equality and Advisory Support Service	Equality Advisory and Support Service (equalityadvisoryservice.com) Telephone: 0808 800 0082 Text Number: 0808 800 0084
Stop Hate UK	Home - Stop Hate UK Email: info@stophateuk.org Telephone: 0113 293 5100
Mind	Home - Mind Telephone: 0300 123 3393 – Weekdays 9am-6pm Email: info@mind.org.uk
The Mix	The Mix - Essential support for under 25s Telephone: 0808 808 4994 1-2-1 Chat: Speak to Our Team - The Mix – (4pm-11pm) Crisis Messenger: Text THEMIX to 85258 (24/7) Email: Email us - The Mix
Young Minds	Text YM to 85258 for free 24/7 support Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm) YoungMinds Mental Health Charity For Children And Young People YoungMinds
Victim Support	Home - Victim Support West Midlands Telephone: 0300 303 1977 Out of Hours Support Line (West Midlands): 08 08 16 89 111 1-2-1 Online Live Chat: Live chat - Victim Support

Forced Marriage and Honour Violence

The Forced Marriage Unit	Forced marriage - GOV.UK (www.gov.uk)
IKWRO	IKWRO – IKWRO Women's Rights Organisation Email: https://ikwro.org.uk/contact/info@ikwro.org.uk Telephone: 0207 920 6460
Karma Nirvana	Karma Nirvana Telephone: 0800 5999 247

The Sharam Project	Sharan Supporting South Asian Women in the UK Email: info@sharan.org.uk Telephone: 0844 504 3231
Victim Support	Home - Victim Support West Midlands Telephone: 0300 303 1977 Out of Hours Support Line (West Midlands): 08 08 16 89 111 1-2-1 Online Live Chat: Live chat - Victim Support

Cancer Support

Shine A Light Across Coventry and Warwickshire	Shine A Light – Holding your hand every step of the way. (shinealightss.org.uk) Telephone: 024 7667 6159 Email: hello@shinealightss.org.uk Contact Form: Contact us – Shine A Light (shinealightss.org.uk)
Macmillan Cancer Support	Macmillan Cancer Support Telephone: 0808 808 0000 1-2-1 Online Chat: Chat online - Macmillan Cancer Support Email Online Form: Email the Macmillan Support Line - Macmillan Cancer Support
Cancer Research UK	Cancer Research UK Telephone: 0300 123 1022 Support Nurse Helpline: 0808 800 4040 Support Nurse Email: Ask our nurses a question Cancer Research UK
Young Lives V Cancer	Young Lives vs Cancer - we'll face it all, together Telephone: 0300 330 0803 Email Form: Find out how to contact us - Young Lives vs Cancer 1-2-1 Online Chat: Find out how to contact us - Young Lives vs Cancer
Rip Rap Young person with a parent with cancer	rirap - when a parent has cancer - rirap Email Form: Get In Touch - rirap Support Forums: Forum (rirap.org.uk)

Domestic Abuse

Childline	Telephone: 0800 1111 Email (By signing up for free): Login Childline 1-1 Counsellor Chat: 1-2-1 counsellor chat Childline Message Boards: Message boards Childline
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<p>The National Domestic Abuse Helpline - Refuge</p>	<p>Home Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk) Telephone: 0808 2000 247 Live 1-2-1 Chat: Live Chat Homepage Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk) Support in BSL: BSL Refuge Domestic Abuse Helpline (nationaldahelpline.org.uk)</p>
<p>Coventry Haven Women's Aid</p>	<p>Coventry Haven Women's Aid Helpline Telephone: 0800 111 4998 Telephone: 024 76444 077 Live 1-2-1 Chat: Contact — Coventry Haven Women's Aid</p> <p>National Website: Home - Women's Aid (womensaid.org.uk) Information and Support Email: helpline@womensaid.org.uk National Helpline: 0808 2000 247</p>
<p>Men's Advice Line</p>	<p>Domestic Abuse Helpline for Men Men's Advice Line UK (mensadviceline.org.uk) Telephone: 0808 8010 327 Email: info@mensadviceline.org.uk Live 1-2-1 Chat: Get In Contact With Us Men's Advice Line UK (mensadviceline.org.uk) (Wednesday, Thursday, Friday – 10am-11am / 3pm-4pm)</p>
<p>The Mankind Initiative</p>	<p>https://www.mankind.org.uk/ Email: admin@mankind.org.uk Telephone: 01823 334 244</p>
<p>National LGBT Domestic Violence Helpline</p>	<p>https://galop.org.uk/ Domestic Abuse Helpline: 0800 999 5428 Email: help@galop.org.uk LGBT+ Hate Crime Helpline: 020 7704 2040 Email: HateCrime@galop.org.uk Live 1-2-1 Chat available on the website</p>
<p>Advocacy After Fatal Domestic Abuse</p>	<p>Home - AAFDA Email: help@aafda.org.uk Telephone: 07768 386922</p>
<p>Respect Phoneline</p>	<p>Help For Domestic Violence Perpetrators Respect Phoneline UK Email: info@respectphoneline.org.uk Telephone: 0808 8024040</p>
<p>Victim Support</p>	<p>Home - Victim Support West Midlands Telephone: 0300 303 1977 Out of Hours Support Line (West Midlands): 08 08 16 89 111 1-2-1 Online Live Chat: Live chat - Victim Support</p>

Child Sexual Abuse (Current and Historical)

Childline	Telephone: 0800 1111 Email (By signing up for free): Login Childline 1-1 Counsellor Chat: 1-2-1 counsellor chat Childline Message Boards: Message boards Childline
NSPCC	Telephone: 0808 800 5000 – 24/7 NSPCC The UK children's charity NSPCC
National Association for People Abused in Childhood	NAPAC – Supporting Recovery From Childhood Abuse Email: support@napac.org.uk Telephone: 0808 801 0331
Samaritans	Samaritans Every life lost to suicide is a tragedy Here to listen Telephone: 116 123 Self-Help App: Self-Help Samaritans
Minister and Clergy Sexual Abuse Survivors	https://www.macsas.org.uk/ Helpline: 08088 010304 (Saturday 9-11:30am & Wednesday 7-9:30pm) Email: macsas.org.uk
Mosac	Mosac Telephone: 0800 980 1958 Email Form: Get in touch – Mosac
Victim Support	https://www.victimsupport.org.uk/ Helpline: 0808 1689111
Crasac	Home - CRASAC - Coventry Rape and Sexual Abuse Centre Helpline Number: 024 7627 7777 (24 hour - answerphone)
	Main Office Number: 024 7627 7772 Email: helpline@crasac.org.uk

Adult Sexual Abuse (Current and Historical)

Rape Crisis England and Wales	https://rapecrisis.org.uk/ Email: rcewinfo@rapecrisis.org.uk
Domestic and Sexual Abuse Helpline	https://dsahelpline.org/ Helpline: 0808 802 1414 (24/7) Message board: https://secure.callhandling.co.uk/cc2/WebChat/NewIndex Email: help@dsahelpline.org
Safelines	https://www.safeline.org.uk/

The Survivors Trust	https://www.thesurvivorstrust.org/ Helpline: 08088 010 818
Survivors UK	https://www.survivorsuk.org/ Men overcoming sexual violence
Samaritans	Samaritans Every life lost to suicide is a tragedy Here to listen Telephone: 116 123 Self-Help App: Self-Help Samaritans
Minister and Clergy Sexual Abuse Survivors	https://www.macsas.org.uk/ Helpline: 08088 010304 (Saturday 9-11:30am & Wednesday 7-9:30pm) Email: macsas.org.uk
Victim Support	https://www.victimsupport.org.uk/ <u>Helpline: 0808 1689111</u>
Crasac	Home - CRASAC - Coventry Rape and Sexual Abuse Centre Helpline Number: 024 7627 7777 (24 hour - answerphone) Main Office Number: 024 7627 7772 Email: helpline@crasac.org.uk

Carers UK

Young Carers Trust	https://www.carerstrusthofe.org.uk/young-carers/
Carers UK	https://www.carersuk.org/ Telephone: 0207 378 4999

Dementia

Dementia UK	https://www.dementiauk.org/ Helpline: <u>0800 888 6678</u>
Alzheimer's Society	https://www.alzheimers.org.uk/ Helpline: <u>0333 150 3456</u>
Young Dementia UK	https://www.youngdementianetwork.org/
Alzheimers Research UK	https://www.alzheimersresearchuk.org/ Helpline: <u>0300 111 5555</u>
Rare Dementia Support	https://www.raredementiasupport.org/ Email: contact@raredementiasupport.org
Playlist for Life	https://www.playlistforlife.org.uk/

BBC Music Memories	https://musicmemories.bbcrewind.co.uk/home
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Drug Addiction

FRANK	https://www.talktofrank.com/ Helpline: 0300 123 6600 Text: 82111 Livechat: 2pm-6pm 7 days a week
Drug FAM	https://www.drugfam.co.uk/ Helpline: 0300 888 3853 9am – 9pm 7 days a week

Drink Addiction

Drinkline	Helpline: 0300 123 1110 (9am-8pm weekdays, 11am – 4pm weekends)
Alcoholics Anonymous	https://www.alcoholics-anonymous.org.uk/ Email: help@aamail.org Helpline: 0800 917 7650
We Are with You	https://www.wearewithyou.org.uk/
Al-Anon Family Groups	https://www.al-anonuk.org.uk/ Email: helpline@al-anonuk.org.uk Helpline: 0800 0086 811 (10am-10pm 365 days a year)
NOCOA – Children of Alcoholics	Nacoa: Helping everyone affected by their parent's drinking - Nacoa Free helpline: 0800 358 3456
NHS Information	Alcohol support - NHS (www.nhs.uk)

Gambling Addiction

National Gambling Helpline	https://www.begambleaware.org/finding-the-right-support Helpline number: 0808 8020 133 (freephone 24/7)
Gam-Anon	https://gamanon.org.uk/

Gangs and Youth Violence

St Giles	https://www.stgilestrust.org.uk/ 3 Castle Yard, Coventry CV1 5RF Email: info@stgilestrust.org.uk
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Positive Youth Foundation	https://positiveyouthfoundation.org/ Tel: 02476 158 550 Email: info@positiveyouthfoundation.org
Fearless Part of crime stoppers	https://www.fearless.org/