

Support Directory

The following directory is intended to be used as a useful guided for information purpose only. We are not able to provide recommendations or endorsements of any of the services listed.

Crisis Support and Helplines

If you or someone you know is in mental health crisis and needs medical support fast

- Call 999 to contact Emergency Services.
- Go to your nearest A and E Department

If it is not a medical emergency but you need still need urgent help

- Call 111 for professional health advice
- Make an appointment with your GP

Samaritans

Phone 116 123 – 24 hours a day, 7 days a week

Website <https://www.samaritans.org>

SaneLine

Phone 07984967708

Email support@sane.org.uk

Website http://www.sane.org.uk/what_we_do/support

Children's Services

Childline

Free confidential counselling and emotional support for children and young people.

Phone 0800 1111 – 24 hours a day, 7 days a week

Website <https://www.childline.org.uk>

Kooth

Provides free online support for young people.

www.kooth.com

Young Minds

Information, advice and resources for mental health issues. They also have a helpline for parents.

Phone 0808 8025544

Website <https://youngminds.org.uk>

Basildon Mind 01268 284130

Child Bereavement UK

Information and support

Phone 01494 568900

Website www.childbereavementuk.org

Cruse

Counselling services for bereaved adults and children

Phone 0808 8081677

Website <https://www.cruse.org.uk>