

Where can young people find information and support around mental health?

The starting point for finding local support for mental health is your GP, or the Southwark Wellbeing Hub. The main base for the hub is Thames Reach Employment Academy, 29 Peckham Road, London, SE5 8UA. If you want to pop in during the hours of 12pm-5pm, just turn up and someone will be there ready to speak to you. Alternatively you can email southwarkhub@together-uk.org, call 0203 751 9684, or text 'HUB1' and your query to 82727.

The Wellbeing Hub runs an online directory of different kinds of support. <http://www.together-uk.org/southwark-wellbeing-hub/the-directory/>. For mental health support, look under the 'health and wellbeing' category.

Another source of information is the Young Minds website <http://www.youngminds.org.uk/> - they also have a directory of support services at http://www.youngminds.org.uk/for_children_young_people/better_mental_health/organisations_that_could_help.

Mind UK is a large mental health charity which provides all sorts of information and support. Its information directory is a good place to start to find answers to your questions: <http://www.mind.org.uk/information-support/>

TheSite.org is an online guide to life for 16 to 25 year-olds. It provides non-judgemental support and information on everything from sex and exam stress, to debt and drugs.

If you need to talk to someone straight away, here are some organisations that run advice lines:

- **ChildLine** is a private and confidential service for children and young people up to the age of 19. If something's on your mind, it often helps to get some advice from an adult you trust. You can contact a ChildLine counsellor about anything -no problem is too big or too small. **Freephone 0800 1111** (24 hours)
- **Samaritans** volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. **Phone 08457 90 90 90** (24 hrs 7 days a week)
- **FRANK** provides confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse. **Phone 0800 77 66 00** (24 hour service, free if you call from a landline and won't show up on the phone bill, provides translation for non-English speakers)
- **B-EAT youth helpline** provides information, help and support for anyone affected by eating disorders. **Phone 0845 634 7650** (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm), or email fyp@b-eat.co.uk
- **Anxiety UK** provides information and support on anxiety. Phone 08444 775 774, or email support@anxietyuk.org.uk . Available from Monday to Friday, 9:30am-5:30pm, except bank holidays.