

The summer break from school can be daunting, but there is help out there. Below are some links and suggested places to look.

**Anxiety UK: Support for those suffering with anxiety.** Helpline – 03444 775 774 / text service – 07537 416905/ Email – [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**Bullying UK (part of family lives)** Helpline – 0808 800 2222/ Online forum – [www.familylives.org.uk](http://www.familylives.org.uk)

**Childline: Any issue children/ young people are facing** Helpline – 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk) 1-2-1 counsellor chat

**National Bullying Helpline: Advice and support for parents and young people** 0845 2255 787

**No Panic: Support for those who have panic attacks**

Youth Helpline - 0330 606 1174 / Email - [info@nopic.org.uk](mailto:info@nopic.org.uk)

**Young minds: Mental health and wellbeing support** <https://youngminds.org.uk/> Crisis messenger – Text YM to 85258

**Oxfordshire CAMHS:** <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

**School Health Nursing** [SHN.oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.oxfordshire@oxfordhealth.nhs.uk) or mobile 07769 235 149

**MHST videos and resources:** <https://www.response.org.uk/mental-health-support-team-podcasts-videos/>

**Oxfordshire Multiagency Safeguarding Hub (MASH)** -To raise nay safeguarding concerns 0345 050 766

**In a crisis**

For 24/7 support within Oxfordshire for Mental Health please call **111**.



Text **YM to 85258** for free mental health crisis support, any time of the day.