



WE ALL NEED SUPPORT SOMETIMES

# BE KIND TO YOUR MIND

CONTACTS, CHARITIES AND RESOURCES  
TO SUPPORT MENTAL HEALTH AND  
WELLBEING

THE  
**C**  **MPASS**  
PARTNERSHIP OF SCHOOLS



# I AM FEELING ANXIOUS, STRESSED OR LOW...

## SUPPORT, CHARITIES & WEBSITES

**Mind UK** - [www.mind.org.uk](http://www.mind.org.uk)

**Together** - [www.together-uk.org](http://www.together-uk.org)

**Mindline** is for adults living or registered with a GP in Greenwich. If you think you could benefit from having counselling, please call Mindline on 020 8853 1735 or email us by clicking on the here.

**Greenwich Counselling service** - offers free, confidential counselling to adults who live or are registered with a GP in Greenwich. To access please call us 020 8853 1735 or [www.blgmind.org.uk/greenwich-mental-health/counselling/](http://www.blgmind.org.uk/greenwich-mental-health/counselling/).

**Qwell** - [www.qwell.io](http://www.qwell.io), a free, anonymous online counselling and emotional wellbeing service. Adults aged over 26 can receive online counselling from qualified counsellors.

**Greenwich Time to Talk** - can offer help for those who have mild problems of anxiety or depression. For more information on the service and details on how to book your first appointment please visit [oxleas.nhs.uk/gttt](http://oxleas.nhs.uk/gttt).

**Free your mind** - offers wellbeing tips to help support those of you who are currently struggling with mental health. [www.nhsfreeyourmind.co.uk](http://www.nhsfreeyourmind.co.uk)

**Thrive LDN** - has created a pack of little things you can do to keep yourself well and some useful ways to get support if you are finding it hard: [www.thriveldn.co.uk](http://www.thriveldn.co.uk)

**Live Well Greenwich** - has lots of local support, advice and information if you, or someone you love, are struggling. Visit [www.livewellgreenwich.org.uk/lookafteryou/](http://www.livewellgreenwich.org.uk/lookafteryou/) for local support. You can also call 0800 470 4831 to talk to a friendly, local advisor. Open Monday- Saturday 8.30am - 6pm.

**CONTACT** - Listening Ear Service. Contact (used to be known as Contact A Family) is a national organisation that work with families of children with disabilities, they offer 1-1 confidential phone appointments with family support advisers for parents looking for a listening ear, reassurance, and practical and emotional support.





# I AM FEELING ANXIOUS, STRESSED OR LOW...

## HELPLINES & INSTANT SUPPORT

**Oxleas urgent advice line** - 0800 330 8590 - If you or someone you know is experiencing a mental health crisis.

**Samaritans** - Call 116 123 - anytime, night or day.

**SHOUT** - Text SHOUT to 85258

In an emergency always call 999 or 111





## I AM GRIEVING...

### CHARITIES

**CRUSE** - [www.cruse.org.uk](http://www.cruse.org.uk)

**The Good Grief Trust** - [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

**Grief Encounter** - [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**The Loss Foundation** - [www.thelossfoundation.org](http://www.thelossfoundation.org)



## I AM WORRIED ABOUT MY CHILD...

### SUPPORT, CHARITIES & WEBSITES

**YoungMind UK** - children and young people's mental health charity - [www.youngminds.org.uk](http://www.youngminds.org.uk)

**[www.kooth.com](http://www.kooth.com)** - Young people aged 11 to 18 can visit for confidential online support

**Mencap Greenlights Project** - Greenlights Project run a weekly parent virtual they meet Every Thursday morning at 10am. They meet online as an opportunity to share highlights AND lowlights and learn from each other. If you haven't joined yet- please do, they would love to see new faces. Contact Claire Hardy on [greenlights@greenwichmencap.org.uk](mailto:greenlights@greenwichmencap.org.uk) or call 07944682280.

**Contact Willow Dene** and ask to speak to your child's teacher, a member of the Leadership team or Vicky House (Family Support Worker)

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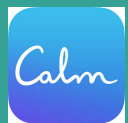


# APPS, PROJECTS & RESOURCES

## APPS



**Headspace** - meditation and breathing - Free trial



**Calm** - meditation and relaxation - Free trial



**Stress & Anxiety Companion** - Breathing exercises & music - Free



**Worry Tree** - Make notes of your worries using CBT techniques - Free



**My Possible Self** - Learn how to manage stress, anxiety and unhelpful thinking - Free



**Together All** - round-the-clock support from therapists for stress & anxiety - Free

For other useful apps visit [www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health)

## PROJECTS



**Access Sports sessions** - Live physical activity sessions - Contact: [disability.inclusion@accesssport.co.uk](mailto:disability.inclusion@accesssport.co.uk) Call: 020 7993 9883 or contact your class teacher for a flyer.



**Greenwich Parent Participation Group** - The GPPG are running a series of 'toolkit' wellbeing sessions for parents of children with SEN and disabilities. Helping parents to build resilience and maintain their own wellbeing as well as their children's - Call Carol Foyle on 07852101492.



**City Lit**  
City Lit continue to provide FREE online courses for Willow Dene parents - Contact Vicky House (Family Support worker for more information)