



Rosendale Primary School and Children's Centre

Rosendale Road, West Dulwich, London SE21 8LR Tel 020 8670 4962 Fax 020 8761 9997

Email info@rosendale.cc

Mental Health & Well-being Information for Families

Name	Link	Summary of support
Mind	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk	Promotes the views and needs of people with mental health problems.
Young Minds The Young Minds Parents Helpline,	https://youngminds.org.uk/ you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).	
Shout 85258	https://giveusashout.org/ To start a conversation, text the word 'SHOUT' to 85258.	Our trained volunteers are there for you 24/7 to listen and support you to get to a calmer and safe place. Shout is a free, confidential, anonymous service for anyone in the UK. It won't appear on your phone bill.
Childline	https://www.childline.org.uk/get-support Login to catch on line or send an email Call 08001111	
Samaritans		



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NHS Surprisingly user friendly!	https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/	If you're worried about a child, encouraging them to talk can be very helpful, whether you're a parent, grandparent, friend or teacher.
Place2Be	https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/	Good sign-posting for parents but no direct input Good for us as professionals tho
"Olee"	https://app.olee.org.uk/#/	A new online app aimed at children (8-11) and parents.