

Services:

Cavendish Cancer Care (counselling for those affected or bereaved through cancer)

Rape & Sexual Assault services: Sheffield SRASAC, Barnsely BSARCS, Rotherham ACS

Sheffield Treatment and Recovery Team (START) | Sheffield Health and Social Care (shsc.nhs.uk)- offer support and counselling around alcohol use, opiate and non-opiate drug use

SYEDA eating disorder support- Sheffield & Rotherham & (Barnsley only 18+)

Sheffield IAPT (18+)- mental health support

Sheffield Mind- counselling support (therapy@sheffieldmind.co.uk or call 0114 2584489)

Counselling Services (based on income, both 18+): 'Contact counselling service', 'share psychotherapy'

For **Private Counselling:** look on BACP directory, Counselling directory

Resources for parents helping to support a child:

YoungMinds Parents Helpline: advice, emotional support and signposting.

www.youngminds.org.uk/parent/parents-helpline-and-webchat/

You can call Parents **Helpline** on 0808 802 5544, Mon- Friday 9:30am - 4:00pm.

Our Parents **webchat** is open 9:30am - 4pm, Mon- Friday. Or **Email** out of hours.

Mind: www.mind.org.uk/for-young-people/information-for-parents/

Action for children: Advice/ activities to support children with their mental wellbeing
www.parents.actionforchildren.org.uk/mental-health-wellbeing/

Helplines:

Childline: call 0800 1111

Samaritans (mental health support): Call 116 123

SHOUT (text based mental health support): Text 85258

SANeline (if you or someone you are supporting is struggling): Call 0300 304 7000

Papyrus HOPELINEUK (concern for young people-suicide prevention): Call 0800 068 4141

Sheffield Telephone Helpline (emotional support and information): Call 0808 801 0440

Change Grow Live (advice/support with drugs, alcohol, wellbeing or relationships- under 21s and parents): webchat

Cruse Bereavement Support (for emotional support): Call 0808 808 1677 (times online)

Call your GP if you would like more ongoing support with your mental health.