






Sources of Advice and Support:

	<p>The CYP Haven is a safe space where you can talk about your concerns, worries, and mental health in a confidential and friendly, supportive environment. The friendly staff will be able to give you advice and support on a wide range of issues. Whatever is bothering you, come and have a chat. They are currently based in two different locations around Surrey; Guildford and Epsom.</p> <p>You can also call them 6 days a week, Monday to Friday on their phone line between 3.30pm and 7.30pm and Sunday 1-4pm on 01483 519436.</p> <p>https://www.cyphaven.net/home/guildford/</p>
	<p>Support for mental health of young people up to the age of 25, and their parents</p> <p>Parent helpline: 0808 802 5544</p> <p>https://www.youngminds.org.uk/</p>
	<p>Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC. They deal with any issues which cause distress or concern; some of the most common issues include child abuse, bullying, mental illness, parental separation or divorce, teenage pregnancy, substance misuse, neglect and psychological abuse.</p> <p>Freephone: 0800 1111 (24 hours)</p> <p>https://www.childline.org.uk/</p>
	<p>Whatever you're going through, a Samaritan will face it with you - 24 hours a day, 365 days a year.</p> <p>Call them for free on 116 123</p> <p>https://www.samaritans.org/</p>
	<p>We support and educate young people in looking after their mental health.</p> <p>Telephone: 01635 869754 or by email via their website: https://charliewaller.org/</p>

	<p>Their helplines are open 365 days a year from midday–midnight during the week, and 4pm–midnight on weekends and bank holidays.</p> <p>0808 801 0677</p> <p>https://www.beateatingdisorders.org.uk/</p>
	<p>FREE COUNSELLING FOR YOUNG ADULTS (11 TO 25)</p> <p>Counselling gives you a safe place to be heard and it is completely confidential.</p> <p>https://www.stepbystep.org.uk/young-people/mental-health/counselling/</p>
	<p>Kooth provides easy access to mental health services that work alongside you to provide compassionate and effective support for your mental health</p> <p>https://www.kooth.com/</p>
	<p>Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.</p> <p>https://www.headstogether.org.uk/</p>
	<p>Support for Young Carers</p> <p>https://www.barnardos.org.uk/</p>