





Ormiston Six Villages Academy Wellbeing – help and resources




[Pathfinder West Sussex](#)

An online tool to access support in your local area




[ChatHealth](#)

An online text service for support with mental health




[FindItOut Centres - West Sussex County Council](#)

Local provision for information, guidance and support for young people




[Mind](#)

A national charity to support with mental health and wellbeing



[YMCA Dialogue counselling services](#)

Local counselling service for young people



[YoungMinds Textline | Free 24/7 Mental Health Support Via Text](#)

A text service provided by Young Minds, there are also a range of resources on their website which can be used to support young people



[Winston's Wish](#)

A national charity to support young people with bereavement



[Mental health support – Boots](#)

An online doctor support service for mental health and wellbeing which can be accessed by anyone of any age



[Childline](#)

The national helpline for children with a range of resources on the website for parents and carers to also use



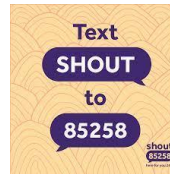
[Anna Freud Centre](#)

National mental health charity working with children and families for support and development



[The Mix](#)

Support for under 25's with a range of topics from mental health to careers



[Shout](#)

A free national text service where you can text chat with volunteers to support with mental health issues



[Samaritans](#)

National suicide prevention charity which you can call to speak with trained volunteers



let's end mental health discrimination

[Time to Change](#)

National mental health charity which aims to break the stigma around mental health through education and discussion

Woebot



An artificial intelligence app developed by Stanford University. It uses cognitive behavioural therapy to 'talk' to users and help them develop skills to manage mental health and wellbeing

Calm harm



An app which supports users in managing mental health and harmful thoughts. It offers a range of strategies and activities which can support improving mental health and wellbeing.



[NSPCC](#)

National children's charity for the protection and prevention of cruelty to children



[Barnardo's](#)

National charity working to protect all children and support families