

As we look forward to school holidays, we recognise that some children, young people, families may be finding things tough right now. We want you to know where you can go to get some ideas to help with your wellbeing, or get advice, support, or help at this time.

Mental Health and Wellbeing

If your child tells you they are struggling with their mental health or if you suspect this, you should always **contact your GP** for support and advice.

NHS Mental Health Services

[Child and Adolescent Mental Health Service \(CAMHS\) - MFT](#)

Each local CAMHS service in Manchester has a duty team Mon-Fri, 9-5 you can call and ask for advice or to discuss a potential referral.

[Manchester, Trafford & Salford Thrive Hubs - MFT CAMHS](#)

Advice and signposting service across Manchester with drop ins for young people and families

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

NHS Mental Health Services are free. Use the 111 online service or call 111, option 2 to get help.

Childline (free, 24 hours) 0800 1111 - www.childline.org.uk

NSPCC/Childline online advice: www.there4me.com

Samaritans: 0161 236 8000 - www.samaritans.org.uk

Kooth online advice for 11-25 yr olds: www.kooth.com

Text 'SHOUT' to 85258: this is a 24/7 text service, free on all major mobile networks for anyone in crisis.

Papyrus Prevention of Young Suicide: text 07786 209697

Papyrus Hopeline UK: 0800 068 4141

For life-threatening emergencies - call 999

[Find help - Manchester Mind](#)

For adoptive parents, special guardians and foster parents

<https://www.annafreud.org/parents-and-carers/adoptive-parents-special-guardians-and-foster-carers/>

For parents and carers

<https://www.annafreud.org/parents-and-carers/resources/>

Youth Wellbeing Directory – find the right service for your need by location, service name or keyword

<https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/>

Apps with self help strategies reviewed by Anna Freud Centre, including self-harm reduction strategies

<https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies/>

Safeguarding

Childline – online and on the phone

<https://www.childline.org.uk/kids/>

0800 1111

Report online abuse

<https://www.ceop.police.uk/safety-centre>