



**Many of your children and families are supported by school for their emotional wellbeing as well as a wide range of services. You may wish to share with them some or all of this list of online support while they are self-isolating to help support their mental health during these uncertain times.**

**Emma Pritchard (Dorchester Counselling and Wellbeing)**

**Childline** National helpline for children [www.childline.co.uk](http://www.childline.co.uk) 0800 1111

**CAMHS** support Dorchester 01305 255705

**CONNECTION** is a 24/7 phone helpline for people of all ages in Dorset who are experiencing mental health issues and need support. 0300 1235440

**CRUSE** Bereavement care for adults [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

**Childhood Bereavement Network** Information and advice on bereavement services nationwide [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

**Dorset Mind** have a great link for young people and a good link for Coronavirus and your wellbeing plus Dorset Mind Your Head (DMYH)

**KOOTH** – online counselling support for young people [www.kooth.com](http://www.kooth.com)

**GP Surgery** – contact your family doctor

**HOPElineUK** 0870 170 4000 Support, practical advice and information to anyone concerned that a young person they know may be at risk of suicide

**NHS** website also has a good mental health links including links for stress, anxiety and depression

**MOSAIC** – Dorset charity for bereaved families. 01258 837071

**Papyrus** A website to help young people who may be thinking about suicide [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Parentline Plus** [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**Samaritans** 116 123 (call free day or night 365 days of the year) or email [jo@samaritans.org](mailto:jo@samaritans.org) (response time 24 hours)

**Useful apps to support mental health**

Breathe, Think and Do with Sesame to support anxiety

Calm, meditations to help you to sleep and relax

Calm Harm designed to help people to resist or manage the urge to self-harm

Headspace, meditations to help with stress, sleep and more

Mindshift app to help young adults with anxiety

Moodpath supports you in phases of stress, depression and anxiety

Own it – supports mood

Smiling Mind to support bringing balance to people's lives