



St Antony's  
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

January 2021

Mental Health Support

- [Trafford Service Directory](#)
- Early Help Hubs: The Hubs provides a range of parenting, behaviour management and family support services.
- School Nurses: Can offer ongoing advice and support to children and young people.
- [Trafford Virtual Mental Wealth Hub](#): The hub is a collaboration between stakeholders in Trafford, to provide a single point of access which will link and signpost to information, advice, and guidance relating to anxiety and mental health needs in Trafford. The information is intended for schools, families and young people, but professionals should also find this resource useful.

**42nd Street** is a Greater Manchester young people's mental health charity providing free and confidential services to young people who are experiencing difficulties with their mental health and emotional wellbeing.

[www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)

**African and Caribbean Mental Health Services** is based at The Windrush Millennium centre in Moss Side.

Parents/Carers can self-refer

Tel: 0161 226 9562

[admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk)

**Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Bereavement**

If you've been bereaved and need support or advice, call the **Greater Manchester Bereavement Service** on 0161 983 0902 Monday to Friday 9am-5pm (except Bank Holidays), Wednesday 9am-8pm or [visit their website here](#).

**Winston's Wish** offers online information and guidance [HERE on supporting bereaved children and young people](#) during the coronavirus outbreak.

**Cruse Bereavement Care** Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

Bradfield Road, Urmston, Manchester M41 9PD

Tel: 0161 911 8001 Email: [stantonys.admin@trafford.gov.uk](mailto:stantonys.admin@trafford.gov.uk) Website: [st-antonys.com](http://st-antonys.com)

Headteacher: Mrs F Wright



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### **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

### **CALM**

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

**Chat health** is available for young people aged between 11-16 they can text school health and someone will respond during office hours to offer support.

Text: 07507330205

**Childline** you can get in touch 24/7, if you are worried about something, counsellors are not just available on the phone they're also online and there for a confidential chat.

[www.childline.org.uk](http://www.childline.org.uk)

Tel: 0800 1111

### **COVID-19 Recovery Support Group**

The Manchester COVID-19 Recovery Peer Support Group is for people who would like to talk to others going through a similar experience. The group meets online every Wednesday evening from 6pm. People can call in or join on a tablet or laptop (expenses provided for data costs, if needed). Please text 07702 668169 with your name or email: [val.bayliss-brideaux@nhs.net](mailto:val.bayliss-brideaux@nhs.net) at Manchester Health and Care Commissioning.

### **Crossroads Together**

Access for free online sessions for carers to get together and have a natter at this difficult time. Run by carer advisors, [you can find out about them by CLICKING HERE.](#)

### **FRANK**

Free, confidential information and advice about drugs, their effects and the law. FRANK's live chat service runs daily from 2pm to 6pm.

Phone: 0300 1236600 (24-hour helpline)

Text a question to: 82111

Website: <https://www.talktofrank.com/>

### **Give Us A Shout**

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text Shout to 85258



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**KOOTH** is a free, safe and anonymous online counselling and support. KOOTH offers friendly counsellors, self-help, and community support. They are online until 10pm.

[www.kooth.com](http://www.kooth.com)

### **Living Life to The Full**

A suite of free online self-help courses and resources that you can access at home or on the go. It teaches life skills and shares tools to improve wellbeing and resilience. There's 'Living Life to The Full' course for low mood and stress in adults.

[www.lltff.com](http://www.lltff.com)

### **Mencap**

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

### **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**MIND** Provides advice and support to empower anyone experiencing a mental problem. MIND believes no one should have to face mental health alone. They can provide tips for everyday living, helping someone else with a mental condition, types of mental health problems and advice on drugs and treatment and so much more.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### **National Association for Children of Alcoholics**

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent's drinking including children, adults and professionals.

Phone: 0800 358 3456 (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm)

Website: <https://www.nacoa.org.uk/>

Website: [www.mencap.org.uk](http://www.mencap.org.uk)



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### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

### **NSPCC**

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

### **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

### **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

### **PAPYRUS**

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Parenting - Family Lives**

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

### **Refuge**

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)



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### **Relationships - Relate**

The UK's largest provider of relationship support.

Website: [www.relate.org.uk](http://www.relate.org.uk)

### **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

**Samaritans** is a confidential emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

[jo@samaritans.org](mailto:jo@samaritans.org)

### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it

most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

### **Sleep Help**

Good quality sleep makes a big difference to how we feel, mentally and physically. You may be finding it harder to get a good night's sleep at the moment. Resources are available from Public Health England at [Every Mind Matters, please CLICK HERE.](#)

### **Young Minds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)