

Support for students – updated December 2022

The [Anna Freud National Centre for Children and Families](#) – is a mental health charity and has a wide range of resources accessible by young people.

[The Mix](#) provides excellent all-round support for young people with articles, online chat, a hotline (0808 808 4994) and a crisis messenger. Content ranges from eating disorders, sex and relationship advice, gender identity to mental health and other wellbeing support.

[Kooth](#) is an online therapy platform for young people accessible from mobile phones.

[Bromley Y](#) is a mental health service for young people in Bromley. Some people self-refer here or use their services whilst waiting for other mental health services to offer appointments. There are also some excellent urgent help links there.

[Childline](#) offer excellent support for young people including text/chat sessions and a range of excellent resources. Their main line is 0800 1111. If ever you need urgent help and are afraid to contact the police etc., Childline can help you out.

[Mind](#) have lots of support articles and advice for young people about mental health.

[YoungMinds](#) is another website which has a wealth of resources. Some additional practical tips for mental health and anxiety are available too.

[The Samaritans](#) is an organisation that supports people who are experiencing suicidal thoughts and ideation. Their phone number is 116 123. They also have a section with lots of useful links [here](#).

[Beat](#) is a charity that focuses on eating disorders. They have telephone (0808 801 0677) and online chat support available.

[Stem4](#) have some great online advice which is simple and to the point. There are also articles about developing resilience to help with wellbeing.