

If you have any concern about your wellbeing please consider contact your GP and/or your counsellor/therapist if you have one.

Other potentially helpful external sources of support have been listed below.

The Samaritans

The Samaritans exist to provide around the clock, 24 hours a day, 365 days a year support if you need to speak to someone or you are in distress - please call 116 123 if you need support.

<https://www.samaritans.org>

Mind

Mind is the leading mental health charity in the UK. It provides a range of services and resources for people experiencing psychological distress including some helpful information for young people. <https://www.mind.org.uk>

Barnardos

Barnardos exist to protect and support the UK's most vulnerable children and young people; many of whom have gone through difficult experiences, trauma and/or the care system, by helping to bring out the best in them. <https://www.barnardos.org.uk>

Young Minds

Young Minds is a charity working towards the support and empowerment of young people, regardless of the challenges they may face. <https://youngminds.org.uk/>

The Black and Asian Therapist Network (BAATN)

This is a network that seeks to reflect the many people that are committed, passionate and actively engaged in addressing the psychological needs of Black and Asian people in the UK. www.baatn.org.uk

Young Stonewall

Young Stonewall helps all young lesbian, gay, bi and trans people - as well as those who are questioning their sexuality – in the UK and abroad, to know that they're not alone. Young Stonewall wants to empower all young people, regardless of their sexual orientation, or gender identity, to campaign for equality and fair treatment for LGBTQ people and against discrimination. <https://www.youngstonewall.org.uk/>

Talking Space

You can self-refer to Talking Space, which is part of the NHS, 01865 901 222. They offer a number of options if you are struggling with stress, low mood, anxiety and depression.

<https://www.oxfordhealth.nhs.uk/talkingspaceplus/>