

## Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
<b>Online Support, Guidance and Resources</b>	<b>Mind</b>	Information about children's and young people's mental health, how to understand what might be going on for them and how to support them.	<a href="http://www.minded.org.uk">www.minded.org.uk</a>
	<b>ChildLine</b>	Online chat, message boards. Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.	Freephone: 0800 1111 (24 hours) <a href="http://www.childline.org.uk">www.childline.org.uk</a>
	<b>Children's Legal Centre</b>	The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.	Child Law Advice Line 0300 330 5480 (Freephone) <a href="http://www.lawstuff.org.uk">www.lawstuff.org.uk</a>
	<b>HeadMeds</b> <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.	<a href="http://www.youngminds.org.uk/youngpersons/medications">www.youngminds.org.uk/youngpersons/medications</a>
	<b>The Mix</b> <a href="http://www.themix.org.uk">www.themix.org.uk</a>	Essential support for under 25s	<a href="http://www.themix.org.uk/get-support">www.themix.org.uk/get-support</a>
	<b>The CalmZone</b> <a href="http://www.calmzone.net">www.calmzone.net</a>	Is an online guide to life for 16 - 25 year olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs	<a href="http://www.thecalmzone.net/agency/thesit-org">www.thecalmzone.net/agency/thesit-org</a>  <b>Tel: 0800 585858</b>
	<b>Sussex Mental Health Line</b>	For support and advice about concerns about your own or someone else's emotional wellbeing 24/7	111 and select option 2 or 0800 0309 500
	<b>Care for the Family</b>	Advice and support to help you in your family circumstances, whether it's getting married, having a new baby, or raising teenagers.	<a href="https://www.careforthefamily.org.uk/">https://www.careforthefamily.org.uk/</a>