

Mental Health Resources

[SHOUT85258](#)

SHOUT85258 is a text message based organisation that gives young people an accessible way of asking for help. Think of it as the texting version of the Samaritans. Even if your child isn't currently struggling, suggesting they save the number to their contacts will let them know that you're thinking of them, without smothering them.

[Samaritans](#)

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland, predominantly through their telephone helpline, which is available 24/7 for those who need it.

[Papyrus UK](#)

Papyrus UK is a mental health charity specialising in supporting young people and they have great advice for parents and carers, both on their website and if you contact them. The resources on their site are fantastic. If you are unsure where to start, head to their website.

[Young Minds](#)

Young Minds is the UK's leading charity fighting for children and young people's mental health. As an organisation, they are fighting for a world where no young person feels alone with their mental health. They have a parents helpline and large bank of resources for parents who are unsure of how to best support their child's mental health.

[Switchboard](#)

Switchboard is a hotline, instant message and email service run by volunteers who all identify as LGBT+. They offer a safe space for anyone to discuss sexuality, gender identity, sexual health and emotional well-being.



“People don’t compare mental health to their physical health enough - if you were concerned for your child’s physical health you would be straight down to your GP asking for a check up and making sure everything was ok. You wouldn’t leave an infection to ‘clear up by itself’, you would act, and the same has to go for mental health. Act early if you notice someone struggling.” – Ben West, mental health campaigner

Read Ben West’s top tips for supporting your child’s mental health during GCSEs on the [Tassomai blog](#).