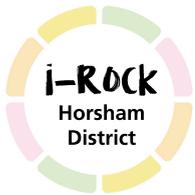


## Where can my child get support during the Easter Holiday?



[i-Rock Horsham District](#) is a support and advice hub for young people aged 14 to 25 and living in West Sussex. They offer a range of support services to help with issues such as mental and emotional health, relationships, money and benefits, family problems, bullying, housing, education and employment.

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Childline is free, confidential and available for anyone under the age of 19. <https://www.childline.org.uk/>  
Call: **0800 1111**

**YOUNGMINDS**

Youngminds is a charity that can support both children and adults. Further details are available on their website.

<https://www.youngminds.org.uk/>

**SAMARITANS**

Whatever you're going through, a Samaritan can help. Contact details are available on their website: <https://www.samaritans.org/>  
**116 123**

**NHS**

Local NHS mental health helpline offers help and advice with a mental health professional. Support is available 24/7.  
**0800 030 9500**



e-Wellbeing is a digital wellbeing support service for young people run by the YMCA Downslink group.

<https://e-wellbeing.co.uk/>



Get advice and report online abuse issues via the CEOP website.  
<https://www.ceop.police.uk/Safety-Centre/>

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## Useful Apps



### Well-Being at The Weald

The well-being team at The Weald have put together a comprehensive set of resources and links which can be found at this website.

<https://sites.google.com/theweald.org.uk/well-being-the-weald/home>

Provides tasks that can help you resist the temptation to self-harm.

<https://calmharm.co.uk/>



Mindshift aims to help you learn how to relax and develop new ways of thinking in order to help your anxiety.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

An app to support young people to understand and cope with anxiety.

<https://mindgarden-tech.co.uk/>



This is a free text service where young people can get help and support. Their website is here: <https://giveusashout.org/>