

Where can my child get support during the summer 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 Downlink group.

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



Get advice and report online abuse issues via the CEOP website.

<https://www.ceop.police.uk/Safety-Centre/>

Useful websites



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/>



[Health for Teens](#) introduces a new and different way for young people aged 11-19 to learn about their health. There are lots of useful resources that can help.



[Chat health](#) is an NHS led service that provides health advice and support from a trained medical professional.