

Further support for students, teachers, or parents/ guardian



If you're feeling held back or stressed or you're not sure what to do next in life, these UK student helplines can help.

[Childline – Exam Stress](#)

Exam stress can start with revision, and it can all get on top of you when you're dealing with exam pressure on top of everything else. Childline have an online exam stress help centre, and they invite you to get in touch with them about whatever you want if you feel you need to talk – it can be about exams or something else.

Call free on 0800 1111

[Students Against Depression](#)

Students Against Depression provides you with resources to find a way forward from stress, low mood, depression, or suicidal thinking.

[Student Minds](#)

Student Minds is a UK mental health charity for university students. Whatever's getting you down, they have resources in place to help you out. They offer [support programmes](#) for you as well as university services. Have you got a friend who's having a difficult time? They've also got advice on how to [help you start a conversation](#) with your friend about issues affecting them.

[Samaritans](#)

You've heard of them, but have you ever picked up the phone to call them when you feel like you really need some urgent extra help with your wellbeing? That's what they're there for. Whatever you're going through, you never have to feel like you don't have the right to get in touch.

Email: jo@samaritans.org

Call free:

[116 123 \(UK\)](#)

[The Mix](#)

If you're aged 13-25, you can contact The Mix for information and support. Student stress, mental health, worries, embarrassing problems, or weird questions... nothing is too small or large, and support from The Mix is free and confidential. When you get in touch they'll lend a listening ear, offer information and resources, and connect you to experts and peers who can give you the tools and support you need to meet life's challenges.

Call free on 0808 808 4994.

General Parenting Advice

[Action for Children](#)

[Open Doors – Parenting groups](#)

[Family Line](#)

[NSPCC - Healthy Relationships](#)

Mental Health and Wellbeing

[YoungMinds](#)

[Supporting Your Daughters Mental Health](#)

[Mentally Healthy Schools](#)

Expert Information to Help Children and Young People Stay Safe Online

[ParentInfo - From CEOP and Parent Zone](#)

[ThinkUKnow](#)

[Thinkuknow - Parents and Carers Guide to Snapchat](#)

[Protecting Your Child Online](#)

[NSPCC - Keeping Children Safe Online](#)

[Ofcom - Parental Controls for Mobile Phones](#)

[How to Contact Phone/Website Providers](#)

[Online Safety - Camden Safeguarding Children Partnership](#)

Domestic Abuse

[Get help during the coronavirus \(COVID-19\) outbreak](#)

[Support in Camden](#)

Keeping Children and Young People Safe from Radicalisation and Extremism

[Advice for Parents and Carers](#)

[Educate Against Hate](#)

Drugs and Alcohol

<http://www.talktofrank.com/>

Adoption

[Adopted Children in Education](#)

[PAC-UK](#)

[AdoptionUK](#)

DFE Guidance - [Meeting the needs of adopted and permanently placed children](#)

Dental Health

[Oral Health Foundation](#)

[NHS Information](#)

Key Agencies

[Parent Line Plus](#)

[Coram](#)

[Homestart](#)

[Local Community Centres](#)

[Elfrida Rathbone](#)

[Counselling locally](#)

Parent Council

[Camden's Parent Council here](#)

(click on Cancel if you are prompted for a username and password)

or contact Barbara Ludlow:

020 7974 8137 or parentcouncil@camden.gov.uk

Services and Community Links

[Children's Centres](#)

[Childcare Providers](#)