



What support is out there for me?

Who?	What?	How?
Hallam Care Services – Bernie Ware	Counselling, bereavement, worries	Tel: 07980406198
With me in Mind – Carmel Mumby	Mental health issues	Tel: 07443292178
Child Line	Well-being support	(free) 0800 1111
Children and Adolescent Mental Health Services (CAMHS)	Doncaster Mental health crisis team.	01302 796191
Open Minds Counselling (all ages)-	Counselling	01302 344192 www.counsellingdoncaster.com
McAuley school website	Looking after your well-being	Strategies and resources
Samaritans	Confidential support for people experiencing feelings of distress or despair.	Phone: 116 123 (free 24-hour helpline)

<https://www.anxietyuk.org.uk/get-help/>

<https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/>

<https://www.annafreud.org/>

www.samaritans.org.uk

<https://www.bbc.com/ownit> - help and advice, skills, inspiration, take control of your online life.