



Highsted Grammar School  
**Parent Support Lines**

**Mental health**

| ORGANISATION  | CONTACT INFORMATION  |
|---|--|
| <b>Mental Health Foundation</b><br>Provides information and support for anyone with mental health problems or learning disabilities | Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>  |
| <b>Mind</b><br>A mental health charity  | Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)<br>Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>   |
| <b>PAPYRUS</b><br>Youth suicide prevention society  | Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)<br>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> |
| <b>Samaritans</b><br>Confidential support for people experiencing feelings of distress or despair                                   | Phone: 116 123 (free 24-hour helpline)<br>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>  |
| <b>SANE</b><br>Emotional support, information and guidance for people affected by mental illness, their families and carers         | Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>  |
| <b>YoungMinds</b><br>A charity dedicated to children's mental health  | Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)<br>Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>                      |
| <b>Cruse Bereavement Care</b><br>Support for grief and bereavement  | Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm)<br>Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>  |

**Domestic violence**

| ORGANISATION  | CONTACT INFORMATION   |
|---|---|
| <b>NSPCC</b><br>Child protection charity                  | Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)<br>Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> |
| <b>Refuge</b><br>Advice on dealing with domestic violence | Phone: 0808 2000 247 (24-hour helpline)<br>Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>                                  |

**Eating disorders**

| ORGANISATION                                | CONTACT INFORMATION  |
|---|--|
| <b>Beat</b><br>Support for eating disorders | Phone: 0808 801 0677<br>Email: <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a><br>Website: <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a> |