**Appendix 5:**

**Useful national organisations/websites**

**Charlie Waller Trust** 01635 869754 <http://www.cwmt.org.uk/>

 The Trust was set up in 1997 in memory of [Charlie Waller](http://www.cwmt.org.uk/about-charlie), a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust in order to educate young people on the importance of staying mentally well and how to do so.

 **Childline** 0800 1111 [www.childline.org.uk](http://www.childline.org.uk/), <https://www.childline.org.uk/info-advice/your-feelings/mental-health/coping-suicidal-feelings/>

 **Mind Infoline** 0300 123 3393 or text 86463

<http://www.mind.org.uk/information-support/>

**NHS Direct** 111 [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk/)

 **Papyrus** 0800 684141 [www.papyrus-uk.org/](http://www.papyrus-uk.org/)

Confidential support and advice for prevention of young suicides

Mon – Fri 10-5pm and 7-10pm

**Royal College of Psychiatrists** <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/feelingoverwhelmed.aspx>

**SelfharmUK** is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.It also has an online course that gives you an opportunity to think more about self-harm and work out what your next step might be.: [www.selfharm.co.uk](http://www.selfharm.co.uk)

 **Young Minds** Parent information service 0800 802 5544 [www.youngminds.org.uk](http://www.youngminds.org.uk/) for anyone concerned about a child's mental health