

Stress

Mental Health + Wellbeing Services

Kooth	Online emotional well-being support service including peer support via articles, activities, and forums.	Create an account here
Number 22	A registered charity providing free and confidential counselling to adults and young people over 11 in Windsor, Maidenhead, and Slough.	Click here for more information about counselling To be added to the waiting list for counselling complete this form
CAMHS	Children and Adolescent Mental Health Services (CAMHS) work with young people who are experiencing significant, severe and complex difficulties with their mental health.	About CAMHS Some schools in RBWM have Mental Health Support Teams (MHST), see if your school does here . For young people in a school without a MHST, they can be supported by the Getting Help Team .
TellMi	Anonymous peer support app where you can share what's on your mind. Moderators check everything to keep you safe counsellors are on hand to offer support where needed.	Search 'Tellmi' on Apple Store or Google Play store.

If you're concerned that you or someone else is in danger or needs urgent mental health support, call **NHS 111** or [any of the services below](#):

Crisis Services



24/7 confidential mental health support via text

Text 'Shout' to 85258



Advice and counselling for young people

Call 0800 1111 or visit [Childline](#)



24/7 support for anyone going through tough times

Call 116 123 or visit [Samaritans](#)

Resources

- [Student Stress: Self Help Tips](#), NHS
- [Young People Guide to Stressful Situations](#), The Children's Society
- [Coping with Exam Stress](#), Young Minds
- [Stress Bucket Activity](#), Young Minds

Apps

To find out more about apps that can support young people's mental health and wellbeing, including managing anxiety and stress, please click [here](#).

Please note that some apps are subscription based or offer in-app purchases.

To read the [Little Blue Book of Sunshine](#) or [Coping Guides](#) for Young People click [here](#).