

Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
Anxiety Support	Helpline http://www.nopanic.org.uk/youth-helpline/ email: sarah@nopanic.org.uk	Helpline is a confidential helpline for those aged between 13 and 20 years old which aims to help young people with anxiety, panic, phobias, obsessive compulsive disorder and the specific anxieties that young people experience.	Youth Helpline: 0300 772 9844 - 365 days of the year 10am-10pm Website: http://www.nopanic.org.uk/youth-helpline/ email: sarah@nopanic.org.uk
	Get Self Help	Website for information and helpful strategies on various issues, including stress, anxiety, anger, depression.	www.getselfhelp.co.uk
	NHS Self Help APP - Anxiety; Social Anxiety; Stress; Sleep Problems; Panic; Health Anxiety; Depression and Low Mood; Controlling Anger https://web.ntw.nhs.uk/selfhelp/	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.ntw.nhs.uk/selfhelp/
	The Teen Anxiety Coach	Online or face to face anxiety hypnotherapist sessions.	https://www.theteenanxietycoach.co.uk/

	Clear Fear App	The Clear Fear app provides support in learning to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	https://www.clearfear.co.uk/
--	-----------------------	--	---