

Student – Scan For Support – September 2026

This sheet provides a list of various agencies that can offer support outside of the academy day.

In case of an emergency, or you are at immediate risk of harm, please dial 999.

<https://www.kooth.com/> - A website aimed at young people to book online 1-1 chats with counsellors, feeling journals, forums and mood trackers.

<https://www.childline.org.uk/> - A free online or phone chat support around managing mental health, worries or concerns.

<https://www.youngminds.org.uk/young-person/> - A website with information on different feelings and emotions, that give help and advice.

<https://giveusashout.org/get-help/> - Free and confidential text support service about supporting young people with their mental health.

Wysa is a wellbeing AI app, free to download on Google and Apple Stores. Wysa can help young people with feelings of low mood, stress and anxiety. Enter the code BCDU2023 for free premium access

<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/> - Webchat and telephone support for eating disorders.

<https://switchboard.lgbt/> - Telephone and webchat support for support around LGBTQ+.

<https://www.themix.org.uk/get-support> - Chat support, counselling services and discussion boards to support mental health and wellbeing.

<https://www.antibullyingpro.com/support> - Text service for support with bullying.

<https://winstonswish.org/supporting-you/grief-support-young-people> - Live chat, email or call around support with bereavement, grief and loss.

Life to the full in pursuit of what is good, right and true.



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<https://calmharm.stem4.org.uk/> - A free app that helps you manage or resist the urge to self-harm.

<https://www.sandwellyc.com/> - A service if you are providing care to a family member to support your wellbeing through completing this role.

<https://www.ourguideto.co.uk/> - DECCA can provide support and guidance around drug and alcohol misuse within Sandwell.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/> - Email and webchat support around mental wellbeing.

<https://www.papyrus-uk.org/> - Prevention of suicide help and promotion of positive mental and emotional wellbeing. Helpline or app.

07480635486 - Parent Chat Health provides parents and carers with confidential access to advice and support from Sandwell School Nurses via text message.

If you are experiencing a mental health crisis, please contact Sandwell CAMHS Crisis Line. The team can be accessed via the CAMHS Single Point of Access on 0121 612 6620 9am-5pm Monday to Friday or on 07816075218 5pm to 8pm and at weekends.

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