

# Organisations supporting Mental Health & Wellbeing

---

**Below are some organisations that may be able to support you should you have concerns about your own or your child's emotional wellbeing and mental health**

CAMHS (Child and Adolescent Mental Health Services) 0300 222 5755

RELATE (counselling for families and couples) [www.relate.org.uk](http://www.relate.org.uk)

NSPCC 0808 800 5000

Childline (18's and under) 0800 1111

Surrey Young Carers 01783 568 269 [www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk)

Family Lives 020 3727 3571 [www.familylives.org.uk](http://www.familylives.org.uk)

Samaritans 116 123

FRANK (confidential drug advice) [www.talktofrank.com](http://www.talktofrank.com)

CRUSE (bereavement advice and support) [www.cruse.org.uk](http://www.cruse.org.uk)

Surrey Local Offer (online hub for SEN info) <https://www.surreylocaloffer.org.uk/>

- Children
- Families
- Mental Health
- Emotional Wellbeing

