

External Agencies and Support

My Time	A range of support for mental health difficulties	https://www.barnardos.org.uk/what-we-do/services/mytime-cumbria
CAMHS	A range of support for mental health difficulties	https://www.cntw.nhs.uk/content/uploads/2021/12/North-Cumbria-CAMHS-Information-for-children-and-young-people.pdf
Carlisle and Eden Mind	A range of support for mental health difficulties	https://cemind.org/our-services/children-and-young-people-services/
Papyrus	Suicide	https://www.papyrus-uk.org/
CRHT	Urgent help and in crisis	https://www.cntw.nhs.uk/services/crisis-resolution-and-home-treatment-east-cumbria/
Well at School	Support for medical or mental health conditions	https://www.wellatschool.org/
Young Minds	Emotional wellbeing and mental health	https://www.youngminds.org.uk/
KOOTH	Online counselling	https://www.kooth.com/
Winston's Wish	Bereavement	https://www.winstonswish.org/
Samaritans	General support	https://www.samaritans.org/