

A range of services & resources to support you & the young people you teach

Mind has produced [some helpful guidance](#) on how to look after your well being at this time.

Barnet has produced some useful resources to help parents, children and teachers, which you may find useful yourself or be able to direct families to:

<https://www.barnet.gov.uk/backtoschool#title-1>

Barnet has also created information on their Local Offer in order to share resources and useful links to support families and those working with children and young people with special educational needs and disabilities during this time:

<https://www.barnetlocaloffer.org.uk/pages/home/information-and-advice>

Mental health helplines

- [ISM members' counselling helpline](#)
- **Samaritans** (emotional support for anyone in emotional distress, struggling to cope, or at risk of suicide) 116 123 (24hrs) or email jo@samaritans.org
- **SANEline** (mental health, emotional support, suicide) 0300 304 7000 (6pm - 11pm every evening)
- **Mind Advice Line** (information on all mental health problems) 0300 123 3393, info@mind.org.uk, text: 86463 (helpline: 9am to 6pm, Monday to Friday, except for bank holidays)
- **Anxiety Alliance** 0845 2967877 (10am-10pm every day)
- **Anxiety UK** 08444 775 774 (Mon-Fri, 9.30am-5.30pm)
- **Arts and Minds** www.artsminds.co.uk
- **Bipolar UK Support Line** 0333 323 3880 (Monday to Friday, 9am - 5pm)
- **CALM** (support for men in the UK, of any age, who are feeling down or in crisis) 0800 58 58 58 (nationwide) 0808 802 58 58 (London). 5pm - midnight every day
- **No Panic** (Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers): 0844 967 4848 (10am-10pm every day)
- **SupportLine** (emotional support) 01708 765200
- **Music Support**: 0800 030 6789 www.musicssupport.org (24hrs)
- **PTSD UK** (Post Traumatic Stress Disorder advice, support, support) www.ptsduk.org
- **Rethink** (mental health advice, support, campaigning) www.rethink.org
- **Time to Change** (mental health advice, blogs and campaigning) www.time-to-change.org.uk