

Name of Organisation	Contact information:
No Panic helpline (for young people and adults with anxiety.	0330 606 1174 (Young people) 0844 967 4848 (Adults)
Cruse bereavement care (offers support to Children, young people and adults)	0808 808 1677
Child bereavement	0800 02 888 40
Daisys dream (help with bereavement)	0118 934 2604
Male survivors (for sexual, physical abuse)	0808 800 5005
Refuge (help for teenage girls in domestic violence)	0808 2000 247
National Domestic Violence Helpline <a href="http://www.nationalhelpline.org.uk">www.nationalhelpline.org.uk</a>	0808 2000 247
Sexual Health Anonymous SMS service	078600 200 30
<a href="http://www.Mind.org.uk">www.Mind.org.uk</a> (for mental health problem advice)	0844 448 4448
Voice collective (offers online peer support Youngsters who hear voices)	020 7911 0822
<a href="http://www.Youngminds.org.uk">www.Youngminds.org.uk</a>	(mental health support)
<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	(self harm support)
Public Health Bracknell Forest	<a href="http://health.bracknell-forest.gov.uk/coronavirus/">http://health.bracknell-forest.gov.uk/coronavirus/</a>

# Important Information and signposting



For further information please visit <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>



**Youthline**

**Counselling Service**  
for and on behalf of young people

## How serious is the coronavirus?

- It can cause flu like symptoms, including fever, cough and difficulty breathing.
- The infection is not serious for most people including children.
- People most affected by the virus are the elderly and those with underlying medical conditions.
- Most people get better with enough rest, water to drink and medicine for pain.
- You can only catch it if you have been close to a person who has the virus.
- The chances of being in contact with the virus is currently low in the UK.
- Call NHS 111 if you are very worried, they will be able to give you advice.

## What we are doing at Youthline?

Youthline will be following NHS England advice.

Youthline has taken the decision to **suspend all our counselling provision in schools and at The Lodge as from Friday 19<sup>th</sup> March 2020** for a brief indefinite period.

We are currently using this time to review the situation and assess what we may be able to offer our clients moving forward.

## Contact Details

Youthline is not an emergency service, we are however mindful that you may need additional support outside your counselling session. Please see contact details on the next few pages:-.

Name of Organisation	Contact information:
Youthline Counselling Service www.youthlineuk.com	01344 311200
NSPCC Childline www.childline.org.uk	08001111
Samaritans Bracknell	Call free on <b>116123</b> (on any phone)
Bracknell Sexual Health Queries	Text question to 07860 020 030
Young Carers Young.Carers@Bracknell-Forest.gov.uk	01344 464 731
Self Harm Support www.selfharm.co.uk	Alumnia online support
National Domestic Violence Helpline www.nationaldahelpline.org.uk	0808 2000 247
Anorexia and Bulimia Care (ABC) <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>	03000 11 12 13 0845 634 7650
www.Youngminds.org.uk	<a href="https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/">https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/</a>
www.Mind.org.uk	0844 448 4448
The Mix (online counselling) Www.themix.org.uk	0808 8084994
Kooth (online counselling)	Www.kooth.com
Talking Therapies do have online support via Silver Cloud (which is CBT online) and young people age 17 + can access this	<a href="https://www.berkshirehealthcare.nhs.uk/our-services/adult-healthcare/talking-therapies-berkshire/">https://www.berkshirehealthcare.nhs.uk/our-services/adult-healthcare/talking-therapies-berkshire/</a>