

Where to go for support in the holidays?

Wiltshire SPA (Single Point of Access)

Advise and support for parents or young people and access to duty health professionals who can offer more in depth, professional advice or direct to individual services/face to face etc.

Email: vcl@wiltshirespa@nhs.net **Helpline:** 0300 247 0090

CHATHealth

Texting service for young people to access their school nurse for free and confidential advice.

Textline: 07480 635513

CAMHS

Website: www.oxfordhealth.nhs.uk/camhs/wiltshire/

Cruse Bereavement Care

Website: www.cruse.org.uk/get-help **Helpline:** 0808 808 1677



Child Bereavement UK

Email: support@childbereavementuk.org **Helpline:** 0800 02 888 40



Kooth

Free, safe and anonymous online support for young people

Website: www.kooth.com



Childline 24hrs a day/7 days a week

Website: www.childline.org.uk **Helpline:** 0800 1111



Samaritans

Website: www.samaritans.org **Helpline:** 116123



Relate

Website: www.relate.org.uk **Helpline:** 0300 003 0396



Shout

Website: www.giveusashout.org/



The Mix

Website: www.themix.org/get-support/speak-to-our-team/the-mix-counselling-service

