

Young Peoples Support Services Directory

Mental Health & Feelings



www.sheffieldfutures.org.uk/i-need-help/door43/

Telephone: 0114 201 2800

Door 43 offers support to 13–25-year-olds on a range of emotional wellbeing issues in a young person-centred environment. The service focuses on early intervention and low-level support and is not a specialist mental health service. The staff at Door43 are not able to conduct mental health assessments or provide intensive one-to-one sessions or clinical treatment, but they will refer young people to appropriate services if required.

**EPIC
FRIENDS**

<https://epicfriends.co.uk/>

Both Sheffield City Council and Department of Health figures indicate that mental health issues amongst 12- to 16-year-olds are common. Although there are specialist services to support young people with serious mental health problems, everyone can play a part in identifying and supporting young people experiencing difficulties. Often young people turn to their friends for help, or it's friends who notice that someone seems to be stressed or struggling. (Of course, young people can use the site to find out about difficulties they're experiencing, and parents, teachers and others can also use it for information and advice).



<https://www.winstonswish.org/>

Telephone: 08088 020 021

Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.



<https://www.youngminds.org.uk/>

Telephone: 020 7089 5050

We are leading the movement to make sure every young person gets the mental health support they need, when they need it, no matter what. It takes courage to ask for help. But for many young people who do, the support they need just isn't there. In the UK today, an estimated five children in every classroom have a mental health problem. A quarter of 17-year-old girls have self-harmed in the last year while suicide remains the single biggest killer of boys and young men. But things can get better. We provide young people with tools to look after their mental health. We empower adults to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard and change the world we live in. Together, we can create a world where no young person feels alone with their mental health.



<https://www.sheffieldmind.co.uk/>

Tel: 0114 258 4489

Sheffield Mind was founded in 1978, so we've got over 40 years' experience of providing mental health services to people in Sheffield. Sheffield Mind's vision is that we won't give up until everyone experiencing a mental health problem gets both support and respect. We would like to see parity of care for people with mental and physical illness and to see mental health issues de-stigmatised, so people are not discriminated against.



www.kooth.com

Your online mental wellbeing community. Free, safe, and anonymous support.



www.interchangesheffield.org.uk/

Telephone: 0114 276 8922

Interchange Sheffield is an emotional well-being service for children and young people under 25. We provide a range of interventions aimed at supporting their emotional well-being and mental health, including counselling, art therapy, therapeutic group work, resilience building and mental health awareness raising workshops. We are deeply committed to young people's involvement. We provide participation opportunities for young people, and our service user group, the Mental Health Ambassadors, helps to steer our organisation.



<https://www.missingpeople.org.uk/>

Telephone: 116 000

Missing People is the only UK charity dedicated to reconnecting missing people and their loved ones. We offer support to people affected by a disappearance via our free, confidential Helpline on 116 000 and can launch a publicity appeal to help bring missing people home. Other services we provide include family support, counselling, and specialist services for issues related to missing such as exploitation and County Lines.



www.chilypep.org.uk

Telephone: 0114 234 8846

Chilypep's purpose is to promote the rights, wellbeing, and opportunities of all young people across Sheffield and South Yorkshire - STAMP Group Mental Health - Children and Young People's Empowerment Project.

Finances/Money



www.buttleuk.org/

Telephone: 020 7828 7311

We can provide financial help to young people who receive no support from their parents or guardians so that they can further their education or employment.

SEND & LD Support



SAANS@shsc.nhs.uk

Telephone: 0114 271 6964

The Sheffield Adult Autism and Neurodevelopmental Service (SAANS) is a specialist service consisting of a highly skilled multi-disciplinary team responsible for the assessment and diagnosis of neurodevelopmental disorders including Autism Spectrum Disorder (ASD), Attention Deficit Hyperactive Disorder (ADHD) and Developmental Co-ordination Disorder (DCD) previously known as Dyspraxia. Our service also provides post-diagnostic support for those with new or pre-existing diagnoses of these conditions. We are an adult service and can accept referrals for clients over the age of 16. Unfortunately, we do not provide diagnostic assessments for dyslexia.



<https://www.disabilitysheffield.org.uk/>

Telephone: 0114 253 6750

We are a membership and user led organisation, run, and controlled by disabled people. We promote independent living for disabled people in Sheffield. By independent living we mean that disabled people have the same freedom and rights to exercise choice and control over their own lives as any other person.



www.sheffieldparentcarerforum.org.uk

Telephone: 0300 321 472

We are an independent group of parents and carers of children and young people (0-25) with special educational needs and disabilities. Our main aim is to ensure the needs of our children are met. We bring together parent carers from across Sheffield to provide mutual support, exchange information, and influence policy and practice. We have over 1,800 members.



www.scope.org.uk/

Telephone: 0808 800 3333

We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed, and campaign relentlessly to create a fairer society.



<https://sheffieldmencap.enthuse.com/sheffieldmencap>

Telephone: 0114 276 7757

We have been providing services and support to people with a learning disability or autism and their families in Sheffield since 1951. Our vision is that all people with a learning disability and their carers in Sheffield are valued, included, and respected so they can live fair, full and happy lives.



<https://www.sibs.org.uk/>

Sibs is the only UK charity representing the needs of siblings of disabled people. There are over half a million young siblings and at least 1.7 million adults siblings in the UK, who have grown up with a disabled brother or sister. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care and support. Sibs aims to enhance the lives of siblings by providing them with information and support, and by influencing service provision throughout the UK.



<https://www.autism.org.uk/>

Telephone: 020 7833 2299

All our work is guided by our vision, mission, and values, which have been developed alongside autistic people and family members. Our vision: A society that works for autistic people. Our mission: To transform lives by providing support, information, and practical advice for more than 700,000 autistic adults and children in the UK, as well as their three million family members and carers: To change attitudes by improving public understanding of autism and helping businesses, local authorities, and government to provide more autism-friendly spaces, deliver better services and improve laws.



<https://www.mencap.org.uk/>

Telephone: 0808 808 1111

Mencap have resources to help support young people with a Learning Disability with transition in health care.



<https://www.wmdlc.org/>

Telephone: 0113 350 8989

The William Merritt Centre is a registered charity since 1982, offering impartial and professional advice for Children and Adults. Carrying out assessments for clients, healthcare professionals and members of the public about daily living aids. We offer a try before you buy ethos allowing clients to identify individual needs to enhance their independence. We are also an accredited member of Driving Mobility offering medical fitness to drive assessments, passenger access assessments and vehicle adaptation assessments.



<https://contact.org.uk/help-for-families/information-advice-services/local-support/parent-carer-forums-england/>

Telephone: 0808 808 3555

A parent carer forum is an organised group of parents and carers of disabled children from a local area. Their aim is to make sure that services in their area meet the needs of disabled children and their families. They do this by gathering the views of local families and by working in partnership with local authorities, education settings, health providers and other providers to highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made.

Lifestyle & Support



www.elementsociety.co.uk/

Telephone: 0114 299 9210

We are a non-profit youth charity based in Sheffield, delivering development, social action and enterprise programmes to young people and vulnerable adults. We aim to empower young people to make a positive change their communities, raise their aspirations and become role models to their peers.



www.sheffieldfutures.org.uk

Telephone: 0114 201 2800

Sheffield Futures offer a range of services aimed at young people to help them with every aspect of their lives. We support them in schools and youth clubs and offer a helping hand when times are hard. We encourage them to have their say on the matters that affect them, work to protect them from risk and encourage them to live a positive and productive life.



<https://england.shelter.org.uk/>

Telephone: 0808 800 4444

Home is a human right. It's our foundation and it's where we thrive. Yet, everyday millions of people are being devastated by the housing emergency.

We exist to defend the right to a safe home. Because home is everything.



<https://www.nhs.uk/live-well/exercise/>

NHS information about healthy exercise. Provides exercise guidelines and workouts to help improve your fitness and wellbeing.



www.nhs.uk/livewell/healthy-eating

NHS information about health eating. Provides advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.



<https://www.citizensadvice.org.uk/>

Telephone: 0808 278 7820

Citizens Advice offers advice and help with benefits, work, debt & money, consumer, housing, family, legal matters, and immigration.

The logo for Samaritans, featuring the word "SAMARITANS" in white capital letters on a green rectangular background.

<https://www.samaritans.org/>

Telephone: 116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



<https://sheffielddact.org.uk/domestic-abuse/>

Telephone: 0114 273 4855

IDAS provide the community-based Sheffield Domestic abuse service. There is a range of services for all victims (women and men) of domestic abuse and sexual violence, who are aged 16 years and over. In addition to our helpline and live chat facility the service offers a range of services. All staff are trained to deliver specialist support, working in partnership with multiple agencies and the service user, with the aim of increasing the safety of the individual and their dependents.

The logo for Drinkaware, featuring the word "drinkaware" in a lowercase, blue, sans-serif font.

<https://www.drinkaware.co.uk/>

For information on alcohol. Drinkaware can help you learn about the impact of alcohol on you, your family, or friends. Here we'll support you with the advice and information you need.



<https://www.golddiggertrust.co.uk/>

Telephone: 0114 327 1191

Golddigger Trust is an award-winning charity, working to equip young people with the confidence and skills to make positive choices for themselves. We are all about building positive wellbeing in young people, based in Sheffield, and impacting the UK. Investing in thousands of young people through innovative projects and programmes, Golddigger Trust is committed to 'digging out the gold' within people and helping them to reach their full potential.



<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

For information on alcohol. Realising you have a problem with alcohol is the first big step to getting help.

You may need help if: you often feel the need to have a drink; you get into trouble because of your drinking; other people warn you about how much you're drinking; you think your drinking is causing you problems.



www.talktofrank.com

Telephone: 0300 123 6600

Honest information on drugs.



<http://www.sheffield-yos.org.uk/>

Telephone: 0114 228 8555

When young people first get into trouble, behave anti-socially or commit minor offences, they can usually be dealt with, by the police and local authority, outside of the court system, using a variety of formal and informal measures. This is to stop young people getting drawn into the youth justice system too early, while still offering them the help and support they need to stop offending.

NSPCC

<https://www.nspcc.org.uk/>

Telephone: 020 7825 2505

We've been protecting children for over 100 years. Over 5 years, thanks to the generosity of our supporters, volunteers, and staff, we helped to make more than 6.6 million children safer from abuse. We've developed new services to help families, campaigned to change laws, shared information about abuse and how to recognise it, and developed new tools for children, parents, and professionals. But we can't stop there.



<https://www.vas.org.uk/>

Telephone: 0114 253 6600

Sheffield has an amazing, vibrant voluntary and community sector (VCS). Where there is an issue or concern, there's very likely to be an organisation or group tackling it. The VCS in Sheffield is over 3,000 organisations and groups, 120 000 volunteers, 30 000 paid staff producing goods and services to the value of £287m. Throughout the city, people and communities are involved in making people's lives better, more fulfilling, and successful. Every day, the VCS achieves change for the good in all parts of the city - socially, environmentally, and economically.



www.zestcommunity.co.uk/services/smoke-free

Telephone: 0114 270 2041

Stop Smoking Service - NHS Sheffield only cover 18 years+. ZEST provide a service for young people 18 years and below.



www.healthwatchsheffield.co.uk/young-healthwatch

Telephone: 0300 068 3000

We are a group of volunteers that work with Healthwatch Sheffield to make sure children and young people's views of health and social care services are listened to. We take on different roles and gain valuable experience. Any young person aged 14-25 who lives in the Sheffield area and is interested in volunteering for Healthwatch Sheffield can be part of Young Healthwatch.



www.changegrowlive.org/young-people/corner_sheffield

Telephone: 0114 275 2051

The Corner is a free and confidential drug and alcohol service for young people aged 10-18 in Sheffield. We offer advice and support to young people in the Sheffield area who are experiencing problems with drugs and alcohol.



www.sheffieldyoungcarers.org.uk

Telephone: 0114 258 4595

Sheffield Young Carers is an independent charity that has existed in Sheffield since 1997. We are dedicated to supporting young carers across the city.



www.roundabouthomeless.org

Telephone: 0114 253 6789

Roundabout is Sheffield's youth homeless charity providing shelter, support and life skills to young people aged 16-24 who are homeless or at risk of homelessness.

Physical Health



www.teenagecancertrust.org

Telephone: 020 7612 0370

Teenage Cancer Trust is a cancer care and support charity in the UK that exists to improve the cancer experience of young people aged 13–24. Founded in 1990, the charity's key service is providing specialist teenage support.



<https://sybhealthiertogether.nhs.uk/>

This website provides pregnant women, babies, children and young people across South Yorkshire and Bassetlaw with consistent and high-quality advice from local health professionals. You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last. Healthier Together is a partnership project which continues to grow by putting children, young people and family's needs at the heart of the website.

Relationship & LGBTQIA+ Support



www.sayit.org.uk

Telephone: 0114 241 2728

SAYiT works with young people and professionals to make real lives better. We provide practical support around LGBT+ life, sexual health, HIV, and mental wellbeing, while our training helps organisations improve knowledge and address discrimination.

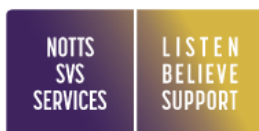


<https://mermaidsuk.org.uk/>

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

0808 801 0400

Helpline open Monday to Friday, 9am to 9pm

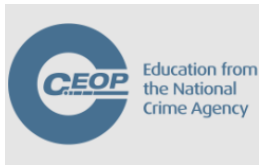


If you have experienced rape, sexual violence, or childhood sexual abuse, either recently or in the past then we are here to help you. You can talk to someone about your experiences or if you are concerned about a friend, partner or family member then please get in touch. Children and young

www.nottssvss.org.uk

Telephone: 0115 941 0440

people can access support through <https://www.emcypsas.co.uk/#> or by phoning 0800 183 0023.



<https://www.thinkuknow.co.uk/>

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse. We do this through our education programme, providing training, resources and information to professionals working with children, young people, and their families.

Sexual Health



www.sexualhealthsheffield.nhs.uk

Telephone: 0114 226 8888

Sexual Health Sheffield offers a welcoming and confidential service to people of all ages including pregnancy testing and advice, contraception choices and advice, and the screening and treatment of sexually transmitted infections, including HIV.

--	--