



I need help with...

# SELF REFERRAL

Here are some useful links



## PRIVATE APPOINTMENTS

Can you or your family afford to pay for a private counsellor? Have a look at the [British Association for Counselling and Psychotherapy](#), [The Priory Group](#) or [The Counselling Directory](#) for accredited contacts

## ON MY MIND

Search for counselling or other support using your postcode plus find a 'jargon buster' for medical terms, information on referrals and treatment.

## THE MIX

One-to-one online chat, message boards and text message options for young people up to age 25 years

## NO PANIC

A national charity helping people who suffer from panic attacks, phobias, OCD and other forms of anxiety. Check out their Youth Hub and youth helpline for ages 13-20 yrs.

## RELATE

Offers free counselling for young people face-to-face, by web-chat or by telephone. They can also offer family therapy (fees apply) This link will take you to page which explains more and you can look for a centre near you.

## HUB OF HOPE

Put in your postcode and get a list of local organisations, counsellors, support groups and charities

## KOOTH

Kooth On-line confidential counselling with trained counsellors for ages 10-18 years.