MENTAL HEALTH & WELLBEING SIGNPOSTING

SIGNPOSTS TO ORGANISATIONS THAT PROVIDE SUPPORT FOR PEOPLE WITH MENTAL HEALTH ISSUES

small.

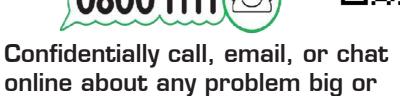
YOU DON'T NEED TO SUFFER IN SILENCE



Free, confidential, safe and anonymous way for young people aged 11-26 to ask for help and support from a team of highly qualified and experienced counsellors and support workers.







Their freephone 24-hour helpline is 0800 1111. You can sign up for a childline account on the website to be able to message a counsellor.



Information on ways to help yourself cope during a crisis. **Calming exercises** and a tool to get you through the next few hours.

fighting for young people's mental health

Charity for children and young people's mental health. Parents helpline - 0808 802 5544



- someone's life is at risk for example, they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Call: 999



Papyrus is the UK Charity for the prevention of young suicide.

Papyrus Hopeline UK - 0800 068 4141







Support material for students on self-care and how to look after your own mental health.

student minds

Help you with the challenges of student life by phone or text



shout

Shout provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. Text 85258 for SHOUT.

SAMARITANS



You can get in touch about anything that's troubling you, no matter how large or small the issue feels. You can also contact the Samaritans if you are worried about someone else.

Call - 116 123





NHS Talking Therapie can treat: Depression, generalized anxiety, social anxiety, panic and agoraphobia, other phobias, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), irritable bowel syndrome (IBS), body dysmorphic disorder.





Committed to suicide prevention in the UK, one basic principle: Suicide is preventable.

