

MENTAL HEALTH & WELLBEING SIGNPOSTING

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



Confidentially call, email, or chat online about any problem big or small. 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.



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



CALL 999 OR GO TO A&E NOW IF:

- 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**



THE BEWDLEY SCHOOL FOUNDATION
Alisvolamus propriis



THE BEWDLEY SCHOOL
We fly with our own wings

every mind matters

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



SCAN ME

student minds

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



SCAN ME

shout

85258



SCAN ME

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

SAMARITANS



SCAN ME

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



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NHS



SCAN ME

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.

Zero Suicide Alliance



SCAN ME

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



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