

Mental Health Support



If you are struggling with any mental health issue, it is important to get support. In addition to seeking support from within your school/college, there are a wide range of external support sources available.

Face-to-Face Support



You can access support via your GP who can refer you to other services such as Child and Adolescent Mental Health Services (CAMHS).

Over 16s can contact local NHS services to ask for a referral to face-to-face counselling support or cognitive behavioural therapy (CBT).

Under 16s can be referred for face-to-face counselling support or CBT by their GP, parent, carer or school.

You can sign up to community groups in your local area that help people with their mental health through peer support, nature and art. These friendly groups are usually promoted on your council's website or by local charities.

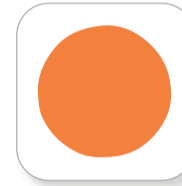
Apps

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Tellmi

Connects people with similar problems, providing peer support & coping strategies.



Headspace

A mindfulness app that helps users learn to manage their feelings and thoughts.



distrACT

A self-care app that provides advice and support about self-harm & suicidal thoughts.



Chill Panda

Provides various tools and games to help with emotion regulation and stress-reduction.



Blue Ice (NHS prescribed)

A self-help app that provides advice and support on coping with self-harm.



Silvercloud (NHS prescribed)

Offers a range of programmes on CBT to help users manage their wellbeing.

Online & Telephone Support

Search

Kooth: An online mental wellbeing community offering support, including discussion boards and online chat.

www.kooth.com

Childline: Provides support to people under the age of 19, including 1-2-1 online counsellor chat.

www.childline.org.uk ☎ 0800 1111 (freephone)

The Mix: Supports people under the age of 25, via online 1-2-1 chat, social media and mobile.

www.themix.org.uk ☎ 0808 808 4994 (freephone)

Samaritans: Provides support to anyone in emotional distress, struggling to cope or at risk of suicide.

www.samaritans.org ☎ 116 123 (freephone) ✉ jo@samaritans.org

SHOUT: A free text messaging service that provides 24/7 support for anyone experiencing a mental health crisis.

☎ text 'SHOUT' to 85258 to start a conversation

Young Minds: Provides advice and support resources for a variety of mental health conditions.

www.youngminds.org.uk

Mind: Provides advice and support to adults and young people with mental health problems.

www.mind.org.uk



If you need urgent support, contact NHS Direct on 111. If you feel suicidal, or may have seriously harmed yourself, call 999, go straight to A&E or call your local crisis team.