

Mental Health Support – Out of school

<u>Organisation</u>	<u>What it does</u>	<u>Contact Information</u>
Samaritans	A freephone listening service providing support for any worries/anxieties and a listening ear.	116 123
Young Minds	Offers support and signposting to other 'agencies'. There are many good resources available.	www.youngminds.org.uk Parents helpline 0808 802 5544
SHOUT	Offers support in a crisis. Free resources	Text shout to 85258
HARMLESS	Provides resources, advice and/or support for young people who are self-harming or at risk of self-harming. Also provides support for parents/carers/friends The Tomorrow Project	Email: info@harmless.org.uk
Worth it	Many free resources for schools around all areas of mental health.	www.worthit.org.uk 0300 3233230
Childline	A free, private and confidential service for young people where you can talk about anything.	0800 1111 9am - midnight Childline.org.uk/
NHS Health for Teens	Online resources and information covering a wide range of health issues.	Healthforteens.co.uk/ 0752 061 5387
Turning Point	For advice on substance.	0116 2256350 www.turning-point.co.uk
Tellmi	Tellmi provides young people with a safe and anonymous space to discuss their feelings, seek support, and receive pre-emptive counselling when necessary.	Tellmi helps
Barnados	Support for Young Carers, young people leaving care, homelessness, support for LGBT+ young people.	https://www.barnados.org.uk/ Helpline 0800 157 7015
Switch Board	A one stop LGBT listening service via phone, email and instant messaging.	0800 0119 100 10.00 22.00 every day Email - hello@switchboard.lgbt
MIND	Information and resources for understanding your mental health and to help understand and improve your mental well-being.	0300 123 3393 https://www.mind.org.uk/
School Nurses	A wealth of advice – check this website to contact this service.	Healthforkids.co.uk/leicestershire/school-nurses/
StayAlive App	This is a suicide prevention resource for the UK, packed full of useful information and tools	stay alive app - Search (bing.com)

	to help you stay safe in crisis. You can create your own safety plan.	
distrACT App	The distrACT app provides quick, easy and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal and those who support them.	distrACT app - Search (bing.com)
Calm Harm App	The Calm Harm is a free app you can download that provides some immediate activities and techniques to help you break the cycle of self-harm.	the calm harm app - Search (bing.com)
My Self-Referral	"My self-referral" is a confidential way to seek help without needing to see a GP or other health professional. Please see the link below for further information.	My Self Referral • Leicester, Leicestershire and Rutland