

Mental Health Support – Out of school

| <u>Organisation</u> | <u>What it does</u> | <u>Contact Information</u> |
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| 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 |
| NHS chat health text service | ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support. | Nhs.uk/apps-library/chathealth/ 0752 061 5387 |
| Let's talk wellbeing Vita Health Group | A local NHS service providing talking therapy for mild to moderate mental health concerns including stress, anxiety, depression etc For young people over the age of 16 – self referral. | NHS Talking Therapy Vita Health Group |
| Young Minds | Offers support and signposting to other 'agencies'. There are many good resources available. | www.youngminds.org.uk Parents helpline 0808 802 5544 |
| 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 |
| 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/ |
| SHOUT | Offers support in a crisis. Free resources | Text shout to 85258 |
| Samaritans | A freephone listening service providing support for any worries/anxieties and a listening ear. | 116 123 |
| 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 |
| Turning Point | Offers free and confidential support for people with drug or alcohol issues, mental health concerns or learning disabilities. | 0116 2256350 Turning Point Homepage (turning-point.co.uk) |

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| Papyrus | A national charity for prevention of young suicide. Provides support if you or a young person needing confidential suicide prevention advice. | Contact HOPELINE 247 01925572444 Papyrus-uk.org/ |
| HARMLESS | Provides resources, advice and/or support for young people who are self-harming or at risk of self-harming. | Email: info@harmless.org.uk |
| StayAlive App | This is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can create your own safety plan. | stay alive app - Search (bing.com) |
| 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) |
| Report Remove | Report Remove can help to take down nude or sexual images shared online. | Report Remove Childline |