

## 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.	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Parents helpline 0808 802 5544
Papyrus	A national charity for prevention of young suicide. Provides support if you or a young person needs confidential suicide prevention advice.	Contact HOPELINE 247 01925572444 <a href="http://Papyrus-uk.org/">Papyrus-uk.org/</a>
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: <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>
Worth it	Many free resources for schools around all areas of mental health.	<a href="http://www.worthit.org.uk">www.worthit.org.uk</a>  0300 3233230
Childline	A free, private and confidential service for young people where you can talk about anything.	0800 1111 9am - midnight <a href="http://Childline.org.uk/">Childline.org.uk/</a>
NHS Health for Teens	Online resources and information covering a wide range of health issues.	<a href="http://Healthforteens.co.uk/">Healthforteens.co.uk/</a> 0752 061 5387
Turning Point	For advice on substance.	0116 2256350 <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>
Tellmi	Tellmi provides young people with a safe and anonymous space to discuss their feelings, seek support, and receive pre-emptive counselling when necessary.	<a href="#">Tellmi helps</a>
Barnados	Support for Young Carers, young people leaving care, homelessness, support for LGBT+ young people.	<a href="https://www.barnados.org.uk/">https://www.barnados.org.uk/</a>  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 - <a href="mailto:hello@switchboard.lgbt">hello@switchboard.lgbt</a>
MIND	Information and resources for understanding your mental health and to help understand and improve your mental well-being.	0300 123 3393 <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>

School Nurses	A wealth of advice – check this website to contact this service.	<a href="https://healthforkids.co.uk/leicestershire/school-nurses/">Healthforkids.co.uk/leicestershire/school-nurses/</a>
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.	<a href="#">stay alive app - Search (bing.com)</a>
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.	<a href="#">distrACT app - Search (bing.com)</a>
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.	<a href="#">the calm harm app - Search (bing.com)</a>
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.	<a href="#">My Self Referral • Leicester, Leicestershire and Rutland</a>