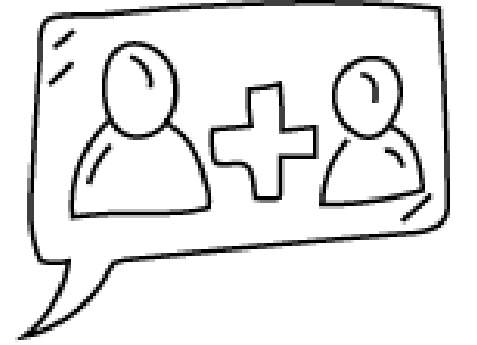


MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Youth counselling

- Youth counselling is about providing young people with an opportunity to discuss any issues they are struggling with
- Free youth counselling is available from the REACH collaborative, which includes: Chat Youth Counselling, Service Six, The Lowdown, time2talk and Youthworks



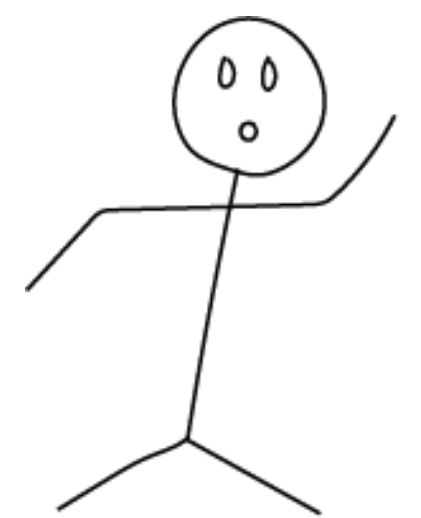
Text support

- 11-19 years old? Text a school nurse 07507 329600 Monday-Friday 9am-4pm
- For urgent help, text shout to 85258 at any time of the day or night



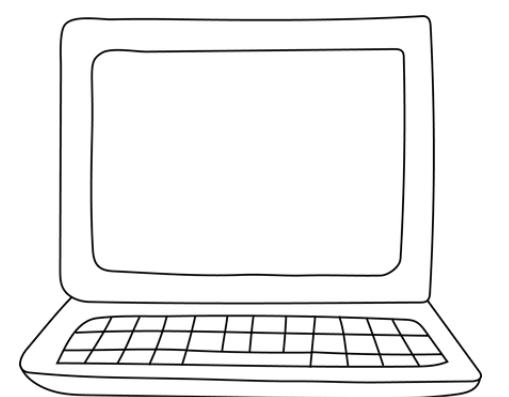
Speak to your school or GP

- Speak to your school or your GP for advice and support
- Depending on the support you need they might arrange for you to go and see someone at the NHS CAMHS service or another service such as youth counselling
- The Mental Health Support Team is available in many schools, speak to a teacher or visit www.nhft.nhs.uk/mhst to see if it is available in your school



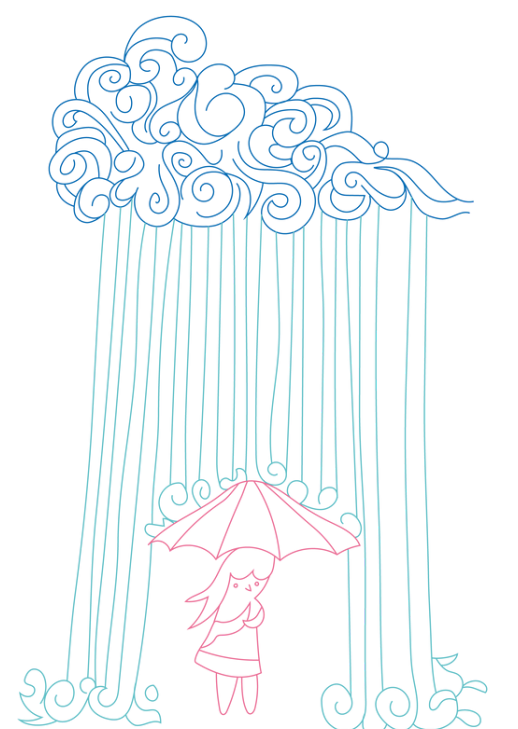
Advice on the phone and online

- Call the CAMHS consultation line on 0800 170 7055 Monday-Friday 9am to 7pm
- Chat to us online at www.nhft.nhs.uk/camhslive Monday-Friday 9am to 7pm
- Visit www.nhft.nhs.uk/idiscover for tools, tips and activities on looking after your mental wellbeing



Get urgent help

- Call 111 for urgent help. If your life is in immediate danger call 999
- Visit an Espresso Yourself Cafe - a great place to talk about how you are feeling. To find locations and opening times, visit: bit.ly/espressocafe
- Text shout to 85258 for 24/7 advice and support
- Call the Samaritans 24/7 on 116 123



Check out www.nhft.nhs.uk/cypmentalhealth
for more information on how to get support

