

Mental Health Resources Offering Support to Young People and Parents/Carers

Mental Health difficulties affect people of all ages and backgrounds. We understand how difficult it can be living with a mental health condition. Sometimes we may need some help and support to make sense of what is going on or to figure out ways to help ourselves and that is OK.

We also understand that you may sometimes find it hard to speak to others about how you are feeling.

We therefore want to provide you with additional resources which can help support you in managing your mental health difficulties:-

Phone Services

- ❖ Papyrus (Prevention of Young Suicide) Hope Line 0800 068 4141. Text Line 07786209697. Email pat@papyrus-uk.org (10am – 10pm weekdays 2-5pm weekends)
- ❖ Night Link Emotional Support Service – 08088000306 (5pm – midnight)
- ❖ TESS text support (girls/young women affected by self-harm) – 07800472908 (7pm – 9.30pm every day except Saturdays)
- ❖ ChildLine Telephone Support – 0800 1111
- ❖ Samaritans telephone support – 116 123
- ❖ Mind - 0300 123 3393 info@mind.org.uk Text: 86463 Our lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

Websites

- ❖ Young Minds – www.youngminds.org.uk
- ❖ Kooth – on-line counselling/support for young people www.kooth.com
- ❖ Savvy Kernow – health/well-being/help/advice www.savvykernow.org.uk
- ❖ Mind - www.mind.org.uk
- ❖ Samaritans www.samaritans.org
- ❖ Outlook South West - psychological therapy services are for people aged 16 and above www.outlooksw.co.uk

Smart Device Apps -Here are some apps you can download on your smart devise

- ❖ Smiling Mind – A meditation app that aims to bring balance to individual’s lives, to assist with depression, anxiety and stress, to manage unhelpful thoughts.
- ❖ Stop-breath and think – A meditation app featuring a range of exercises at varying lengths
- ❖ Calm Harm and stem 4 - An app to support you in managing self-harm urges with a variety of techniques

- ❖ Self-Heal – Supports reduction of self-injury. Offers short and long term coping strategies.
- ❖ Stay Alive – Offers support both to those experiencing thoughts of suicide and to those concerned about someone else.
- ❖ Sam (self-help and anxiety management) – An app designed to help people manage their anxiety levels and identify different triggers
- ❖ Pacifica – Uses Cognitive Behavioural Therapy, mindfulness and relaxations based techniques to help with anxiety, depression and stress
- ❖ Sleepio – A six week tailored programme accessed online designed to treat insomnia and in doing so help with anxiety and depressions.

Additional Support and Advice for Parents/Carers

Young Minds www.youngminds.org.uk/find-help/for-parents

Helping your young person: -

- ❖ Talk to your young person, ask them how they are feeling and what they think might help
- ❖ Let your young person know you are there for them even if they feel unable to talk
- ❖ If you feel your young person's difficulties are worsening contact health professionals involved in their care and take them to see the GP
- ❖ In an emergency, if the young person or others are at serious risk of imminent harm, seek support from emergency services

Helping you: -

- ❖ Don't blame yourself
- ❖ Seek support from family and friends
- ❖ Go to see your GP if you are struggling to cope
- ❖ Take time to look after yourself (easier said than done)