

HELP IN A CRISIS?

ARE YOU LOOKING FOR HELP IN A CRISIS?

If you need an ambulance call **999**

The Samaritans helpline is 116 123 and is open 24 hours, 7 days a week. Calls can be made anytime, from any phone. All calls are confidential.

The Breathing Space helpline is open Weekdays: Monday-Thursday 6pm to 2am and Weekends: Friday 6pm-Monday 6am - All calls are confidential - 0800 83 85 87

If your GP is not available, you can call NHS 24 by **dialling 111**

DON'T LIKE TALKING ON THE PHONE?

THE MIX



The Mix offers 24/7 Emotional Well-being and Mental health support for young people age 13-25! Text: THEMIX to 85258 1-2-1 or use the Chat Messenger 4pm - 11pm at www.themix.org.uk

CHILDLINE



Get help and advice about a wide range of issues! Talk to a counsellor online, or send Childline an email or post on their message boards. Chat online 1-2-1 Counsellor Chat www.childline.org.uk

SHOUT



24 hour crisis helpline - Anxious? Worried? Stressed? Get 24/7 help from Shout's team of Crisis Volunteers. Text: 85258 www.giveushout.org



HELPFUL WEBSITES

PAPYRUS

For practical advice on suicide prevention. <http://www.papyrus.org.uk/>

YOUNG MINDS

For mental health and wellbeing support for parents and young people

CAMHS RESOURCES

For a large collection of helpful resources on a range of topics. <https://www.camhs-resources.co.uk/>





TIPS FOR RIGHT NOW

Try not to think about the future – just focus on getting through today

Stay away from drugs and alcohol

Get yourself to a safe place, like a friend's house

Be around other people

Do something you usually enjoy, such as spending time with a pet or remembering a fun memory with a friend

APPS



MOODPATH

MoodPath is a free tracking app that asks you daily questions on your emotional and physical well being.



CALMHARM

Calm Harm is a free app provides tasks to help you resist or manage the urge to self-harm.



MINDSHIFT

Mindshift is a free app designed to help teens and young adults cope with anxiety



DISTRRACT

DistrACT is a free app that aims to help you better understand urges to self-harm, and encourages you to monitor and manage your symptoms.

See more tips at: <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/suicidal-thoughts-how-to-cope/>

WORRIED ABOUT SOMEONE ELSE?

OPEN QUESTIONS

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like: "How do you feel about...?". If they are struggling to talk about it, try a different way of communicating like a note or a text message.

LISTEN

Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.

See more of Rethink's tips at: <https://www.rethink.org/advice-and-information/careers-hub/suicidal-thoughts-how-to-support-someone/>