

Mental Health and Wellbeing support



CAMHS (Child and Adolescent Mental Health Service) offer support from their Crisis Team 24/7 and a 365 day a year service for any young person who is suffering from a poor mental health episode or at risk of self-harm and/or suicide and they do not need to be under the consultation of CAMHS to access support. To access this, you now need to call the NHS non - emergency number on 111 and press option 2 (Mental Health Support)



Kooth is the NHS approved website for free, safe and anonymous support for young people in the UK who are struggling with their mental health. The website address is www.kooth.com



Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who say they are able to take people from crisis to calm every single day

Young Minds are a Mental Health Charity for Children and Young People. Their website offers information, advice and resources to young people and their parents and carers. The website address is www.youngminds.org.uk



Selfharm UK are a project dedicated to supporting young people impacted by self harm, providing a safe space to talk, ask any questions and be honest about what is going on in their lives. The website address is www.selfharm.co.uk