



Mental Health Support:

Signposting to phone lines, websites, and support services



Mental Health

Everyone has mental health, just as everyone has physical health. Sometimes, we all need some support keeping healthy. This leaflet is full of support information and services for when a young person's wellbeing or mental health is low.

Phone Lines

Young people

Shout text service: Text 'SHOUT' to 85258

ChatHealth: 07480 635515

Mindline: 0800 138 1692

Samaritans: 116 123

Childline: 0800 1111

Parents/carers

Young Minds parents helpline: 0808 802 5544



CAMHS Single Point of Access: 0300 124 5012

Childline: 0808 800 5000

Websites

Young Minds:

<https://www.youngminds.org.uk/>

Somerset Big Tent:

<https://www.somersetbigtent.org.uk/>

Samaritans: <https://www.samaritans.org/>

NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Mind: <https://www.mind.org.uk/>

Self-injury

It can be alarming to hear or find out that a young person has self-injured, the key is to try to re-focus this to a positive coping strategy.

Calm Harm is a free app that aims to guide people through the urge to self-injure and to use positive coping strategies instead.



Local Counselling Services

In Charley's Memory:

<https://www.incharleymemory.com/>

Somewhere House Counselling:

<https://somerwherehousesomerset.org/>

Young Somerset:

<https://www.youngsomerset.org.uk/>

Bereavement Services

Cruse: <https://www.cruse.org.uk/>

Winston's Wish:

<https://www.winstonswish.org/>

Josephine's Star:

<https://www.josephinesstar.org.uk/>

Therapy Services

Somerset Phoenix Project (child sexual abuse):

<https://www.somersetphoenixproject.org.uk/>

Young Victim Service (domestic abuse):

<https://youngvictims.org.uk/>

Lunchtime Drop-in Sessions

Every Thursday lunchtime, In Charley's Memory are available to talk in the Wellbeing Support Room (back of C block).



Mental Health Lead at The King Alfred School – an Academy:

Beks Saunders, Safeguarding and Mental Health Manager

Holistic Wellbeing

There are many factors that contribute to wellbeing and if one of them isn't quite fulfilled it can be detrimental. It's worth thinking, "Are all of these factors balanced? Are they fulfilled?"

Social

Am I spending enough time with good people?

Emotional

Physical

Am I physically healthy?

Nutritional

Mental

Am I using positive coping strategies?

Psychological

Environmental

Am I taking regular technology breaks?

Technological