

Mental Health and Wellbeing Help for Young People and Families

Mindline Somerset, Open 24 hours a day, seven-days a week. Mindline is open to people of all ages who need urgent mental health support. The helpline is the first port of call for mental health help – it is operated by people in your local area who will know how best to support you.

Mindline Somerset
Emotional support helpline
Coronavirus

01823 276 892
Open 24 hours a day, 7 days a week

Parents of children 0-4:
Confidential help from the Health Visiting Team Just send a text **07480 635514**



Parents of children 5-19 years: looking for confidential help and advice? Just send a text to your School Nurse Team. Text **07480 635515**

ChatHealth is a mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice.
Monday-Friday 9am - 5pm.

Young People 11-19 years: Discreet and quick, it only takes one text to start making a difference. You'll get confidential advice from a local School Nurse. You don't have to give your name if you don't want to.
Text **07480 635516**

Young Somerset's Wellbeing Service - Free wellbeing support for young people experiencing low level mental health needs. Find out more here: www.youngsomerset.org.uk/wellbeing-support



Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

Every Mind Matters - www.nhs.uk/every-mind-matters/



Kooth – Safe and anonymous online support for young people **until 10pm** – friendly counsellors, self-help and community support. www.kooth.com



Suicide is the biggest killer of under 35's in the UK
www.papyrus-uk.org



Improving Lives



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Mental Health and Wellbeing Help for Young People and Families

Somerset Big Tent brings together local organisations that offer support to children and families.

They also run weekly virtual hubs for young people and parents:
www.somersetbigtent.org.uk/virtual-hubs/



Somerset Child and Adolescent Mental Health Service (CAMHS) webpages

We offer a variety of teams and services for young people aged 0–18 years old who are struggling with their mental health. www.somersetft.nhs.uk/camhs/

NHS Mental Health Apps

The **distrACT** app gives you easy, quick and discreet access to information and advice about **self-harm** and **suicidal thoughts**. The content has been created by doctors and experts in self-harming and suicide prevention.

distrACT app - www.nhs.uk/apps-library/distract/



Calm Harm is an app designed to help people resist or manage the urge to **self-harm**. It's private and password protected.

Calm Harm app - www.nhs.uk/apps-library/calm-harm/



The **MeeToo** App supports the mental health and emotional well-being of children and young people in Somerset, through pre-moderated peer support, where young people can safely talk about difficult issues including relationships, friends, college, anxiety, appearance, exams, break ups, Covid and learn how to help themselves by helping each other.

To share your worries anonymously and get support from other young people, **download the free MeeToo app**

For more information visit www.meetoo.help

NeedHelp?



- For further Health & Wellbeing tips, advice & information including self-help support for parents and carers go to the Public Health website: www.cypsomersethealth.org
- For further information & support for young people go to:
www.youngsomerset.org.uk/coronavirus-support-for-young-people

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