



If you are concerned that you are developing a mental health problem you should talk to Mrs Allen the Sixth Form Student Manager, a counsellor, your tutor or teachers, or seek the advice and support of your GP as a matter of priority.

If you are in distress and need immediate help, you should call 111.

Below are details on services and organisations that offer help and support directly to people with mental health problems:



If you're under 25 and need help call our helpline for FREE on 0808 808 4994. You can also speak to our trained helpline supporters on our one to one chat service. The Mix's team will be able to connect you with a range of services to help you with your query. <https://www.themix.org.uk/about-us/contact-us>



<https://whatsupwitheveryone.com/>

SEEKING HELP



TALK TO THE SAMARITANS

Whatever you're facing, Samaritans are here to listen.

Call free, day or night, on 116 123

Or email jo@samaritans.org.uk



SHOUT 85258 TEXT LINE

Shout 85258 is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. We can help with issues such as stress, suicidal thoughts, anxiety, worry and relationship problems and are here to talk at any time of day or night.

Text SHOUT to 85258.



STEP UP

Step Up is a co-produced, peer-led programme, delivered by Rethink Mental Illness, which provides a series of projects, created and delivered by young people aged 15-25 to support their peers with managing their mental health and reducing stigma. Rethink Mental Illness more widely delivers a range of advice and information on living with mental illness.



At Wiltshire Treehouse we support children & young people who have been affected by the death of someone important to them.

<http://www.treehousewiltshire.org.uk/>



HELPING YOU FIND ADDICTION REHAB – YOUR RECOVERY BEGINS TODAY

Rehab 4 Addiction was founded to assist those affected by substance misuse and their loved ones. We offer a range of services, and help signpost you to the most effective treatments. This includes alcohol rehab, drug rehab, detox services, intervention, aftercare and outpatient counselling. Our helpline advisors are committed to helping you in your quest to locate effective treatments for addiction.

<https://www.rehab4addiction.co.uk/>



Motiv8

Young People's Substance Misuse Service

Motiv8 is a substance misuse service for young people aged 11-18 in Wiltshire.

We provide advice, guidance and one-to-one sessions for young people who are having problems with drugs and/or alcohol. The service is free and confidential, and we aim to provide a flexible and non-judgemental space for young people to be open about the problems they are facing.

https://wiltshiretogether.org.uk/profile/natalie_1780

childline

ONLINE, ON THE PHONE, ANYTIME

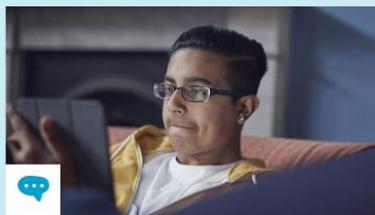
childline.org.uk | 0800 1111

CALL, CHAT ONLINE OR EMAIL US



Call free on 0800 1111

The quickest way to get through. You can call on any phone for free and it won't show on your bill.



Log in for a 1-2-1 counsellor chat

Chat with a counsellor in a safe space online about whatever is worrying you.



Send an email

Send an email from your Childline account and we'll reply within 24 hours.

Swindon Sexual Health

The sexual health clinic is on the 2nd floor of Swindon NHS Health Centre, right in the centre of Swindon. Walk-in clinics

<http://www.swindonsexualhealth.nhs.uk/>



HOPELINEUK is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860 039 967

Email: pat@papyrus-uk.org

Call: 0800 068 41 41

Text: 07860 039967

Email: pat@papyrus-uk.org

Opening Hours Every Day 9:00 am to 12:00 am (midnight)



It's time to feel comfortable in your own skin.

The positive mental health app, created by young people, for young people. Designed to educate, enable and empower.

- **i am me** is a community interest company (CIC) that helps young people cope with the pressures of growing up in today's fast-paced world.
- **i am me** is all about prevention: equipping young people with the tools and know-how to better cope with the challenges that they face, through the **i am me** app, and face-to-face workshops. The app provides a positive space on any young person's phone.
- **i am me** is driven from an authentic passion to educate, enable and empower, and to make an almighty shift in the stats surrounding mental health in young people.
- **i am me** supports young people through Covid-19. By searching '**Covid-19**' in the search function on the app, a whole host of relevant articles will appear.

TELL SOMEONE YOU TRUST

You may find it helpful to talk to your partner, a relative or a friend about your problems. They may be concerned about you and welcome the opportunity to hear what you have to say. If this is not possible, you may prefer to talk to someone else you can trust, like a faith leader or a tutor.

TALK TO YOUR SCHOOL NURSE, COUNSELLOR, TEACHER OR GP

Your student manager, tutor or year team, the school nurse, a counsellor, teachers or GP may be the first person you talk to about your mental health problems. If you have a good relationship with your doctor, you may find it helpful just to know there is someone you can talk to about the feelings you are having. You can see a GP without a parent,

even under the age of 16. Your GP may refer you to specialist services if he/she feels they will help you. You can find information about talking to your GP about your mental health in our guide.

If you are unhappy with your own doctor, you can ask to see another doctor at the same practice or seek further information from the NHS Choices website.



SPECIALIST MENTAL HEALTH SERVICES

Most people recover from mental health problems without needing to go into hospital. There are a number of specialist services that provide various treatments, including counselling and other talking treatments. You may also need help with other aspects of your life - for example, claiming benefits or dealing with housing problems. Often these different services are coordinated by a community mental health team (CMHT).

CMHTs are usually based either at a hospital or a local community mental health centre. Some teams provide 24-hour services so that you can contact them in a crisis. If you are already in contact with a CMHT you may find it useful to keep their number in your phone in case you need it. Otherwise you should be able to contact your local CMHT via your local social services or social work team.

Other kinds of community mental health team include Crisis and Home Treatment teams, which provide you with help in your own home and can come out to see you in an emergency or help you get into hospital if you need inpatient treatment.

You may also find it helpful to contact your nearest Citizens Advice Bureau for advice about benefits, debt problems, legal issues and local services. The Citizens Advice Bureau website has a directory listing its local offices.

HOW TO ACCESS SUPPORT

How do I get support for my mental health? A summary of the different ways you can access help and support for your mental health.



Wiltshire mind – locally run charity, improving, preventing and maintaining mental health in young people – www.wiltshiremind.co.uk/

Wellbeing college – offering courses, activities and groups to support young people' wellbeing – wellbeingcollegebanes.co.uk



YOUNG MiNDS
fighting for young people's mental health

Young minds – advice and information about mental health and emotional wellbeing – www.youngminds.org.uk



Metro – services including counselling for anyone experiencing issues relating to sexuality, gender, diversity or identity – www.metrocentreonline.org

**young people, support
young people**

Hope Again is a safe place where you can learn from other young people how to cope with grief, and not feel so alone.

Get in touch
www.hopeagain.org.uk

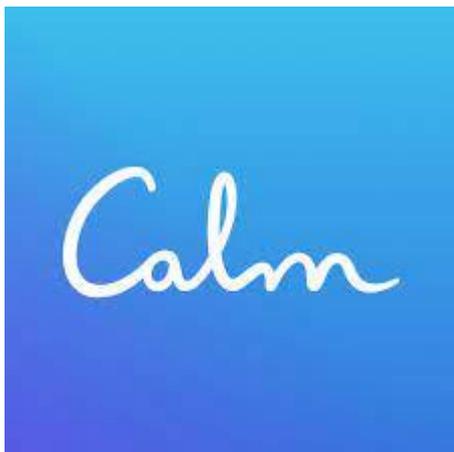
hope again
young people
living after loss

Hope Again – support for young victims and witnesses fo crimes 0 www.victimsupport.org.uk



Muslim Youth Hotline – faith and culturally sensitive support services fro Muslim youths
08088082008 – www.myh.org.uk

There are many apps that can offer support and help you track your mood and offer advice and techniques to help self manage your emotions. Here are just a few:



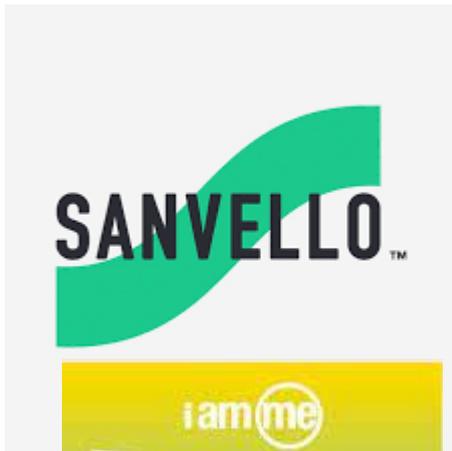
Calm – meditate, breathe, sleep and relax



Clear Fear helps you manage fears and worries



Free app to help manage self harm urges



Helps with stress, anxiety and depression



Free Positive mental health app and tracker.