

Worried about your
own mental health or
the mental health of
someone you know?

Who can I talk to?



If you need help now

If you, or someone you know, are in a mental health crisis, **you can now call NHS 111 and select option 2 for urgent mental health support.** NHS 111 is available 24/7, every day.

If you or another person have been harmed or are at immediate risk you may require an emergency response. Contact 999 and ask for the relevant service.

Mental health problems may be more common than you think. Many of us are affected by mental health difficulties at any time.

This experience can be very painful, even though it may not be as visible as physical health issues like a broken arm.



Useful websites

- **Every Mind Matters** - Mental health and self-care for young people. www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/
- **Kooth** - an online mental wellbeing community. www.kooth.com
- **Young Minds** - Information about children and young people's mental health. www.youngminds.org.uk/resources/

A range of 23 mental health self help guides are available at www.cntw.nhs.uk/selfhelp

National helplines

some services provide language support

- **Beat** – provide support with eating disorders
0808 801 0677 (3pm-8pm Mon-Fri)
- **Childline** – confidential advice and support
0800 1111
- **FRANK** – advice and information about drugs
0300 123 6600; Text 82111 (24/7)
- **Hopeline247** – support if you feel suicidal
0800 068 4141; Text 88247 (24/7)
- **Mencap** – information and advice for people with learning disabilities and their families 0808 808 1111

- **Young Minds parents helpline** – 0808 802 5544 (9.30am-4pm Mon-Fri)
- **Shout** – provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. Text SHOUT to 85258
- **The Samaritans** – 116 123 (24 hrs)

