

Support – Where can students go?

- **Kooth** - <https://www.kooth.com>
- Kooth is an online mental wellbeing community. Access free, safe and anonymous support. Safe and anonymous online chat support for young people – friendly counsellors, self-help and community support.
- **Childline** – for children and young people under 19 (24/7)
- Call 0800 1111 – the number won't show up on your phone bill
- ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.



kooth
Free. Safe. Anonymous.
Kooth is an online Mental Health platform for young people. Need to talk? Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> go!

available in your area

Kooth offers advice on the go. We're by your side when you need us most. for ages 11 - 25



LET ME BE INVISIBLE What can I do? WHY DON'T YOU CARE?

ChildLine
0800 1111

Whatever your worry, it's better out than in. Don't worry and it gets too much. Talk to ChildLine, where the UK's best, experienced, 24-hour counsellors for children and young people.
www.childline.org.uk



Fed up? WORRIED UPSET

ChildLine
0800 1111

sad sad sad confused? worried? angry? stressed?

however you feel, ChildLine is here for you.
0800 1111 is a free helpline. It's a private and confidential service. For more information visit www.childline.org.uk

Support – Where can students go?

- **MindLine Somerset** Emotional support helpline – for everyone (24/7)
- Call 01823 276892
- Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give basic information about mental health and local support services.
- **The Space** –
- We support local young people 4-18 years living with low mental health and emotional resilience and often in crisis, e.g. depression, anxiety, attempted suicide, etc. potentially caused by several issues, including abuse, neglect, and trauma.
- <https://www.thespacesomerset.org.uk/contact>

Mindline Somerset
Emotional support helpline



01823 276 892

Open 24/7

The Space



YOUNGMINDS
fighting for young people's mental health

IT'S OK 2BU WE'RE HERE TO GIVE YOU
ADVICE & SUPPORT
Youth support services for LGBTQ+ young people in Somerset

Support – Where can students go?

- **Young Minds UK** - We're the UK's leading charity fighting for children and young people's mental health – available for ALL young people
- <https://youngminds.org.uk>
- **Young Somerset**
- Delivered by us in partnership with the NHS, offering much-needed help to young people aged 5-18 with things like low-mood, anxiety and stress. Our specialist practitioners work in both community and education contexts.
- <https://www.youngsomerset.org.uk/community-wellbeing-service>
- **2BU:** Youth support service for LGBTQ+ young people in Somerset
- <https://www.2bu-somerset.co.uk>


Support: Where can students go?

- Somerset Big Tent - *'Empowering children and young people to find the right wellbeing support at the right time.'*
- Database of services that cover a range of topics including friendship issues, family problems, self harm and loneliness
- Search for Somerset Big Tent or visit www.somersetbigtent.org.uk



Support – Where can students go?

- **SHOUT** – for everyone, (24/7). Text ‘SHOUT’ to 85258
- Shout is the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.
- A Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.
- **Papyrus** – for people under 35
- Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
- Text 07786 209697
- Email pat@papyrus-uk.org
- PAPYRUS is the national UK charity dedicated to the prevention of young suicide. You can contact them for help and guidance for yourself or for someone else in your care.




PAPYRUS

No young person should have to suffer alone with thoughts of suicide.

HOPELINEUK

Call: 0800 068 4141
Text: 07786209697
Email: pat@papyrus-uk.org
www.papyrus-uk.org

Registered charity no. 1070896

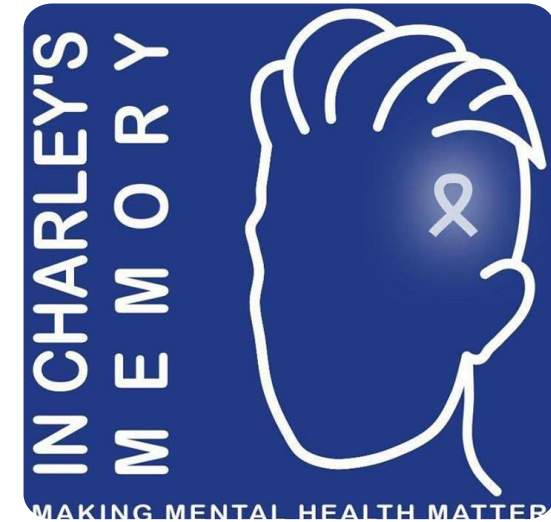


TEXT
shout
TO
85258

shout CRISIS TEXT LINE

Support – Where can students go?

- **In Charley's Memory**
- In Charley's Memory is a friendly, local and open charity that is determined and passionate to make a difference.
- They offer 1-to-1 counselling, with a counsellor in a safe, supportive space.
- <https://www.incharleymemory.co.uk>
- **Stem4**
- An online resource service for both young people and parents. Stem4 has a series of free apps that can be downloaded for help and support
- www.stem4.org.uk
- **NSPCC**
- The National Society for the Prevention of Cruelty to Children offers a great resource page for parents to help them support their young person. There is also a helpline that parents can contact for advice and support.
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- **0808 800 5000**



NSPCC



ChatHealth

Emotional Health
Relationships
Sexual Health
Drugs
Smoking
Alcohol

SOMERSET
County Council

Got a concern?
If you're 11-19
it only takes one text to
start making a difference

You'll get confidential advice from your
School Nursing Team and you don't have
to give your name if you don't want to.

Just send a text or scan me

07480 635 516

Improving
LIVES

Disclaimer: This is not an emergency service. It operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

Support – Where can students go?

- The School Nurse
- Free advice from the school nurse team is available through their chat health initiative. You can talk to the school nurse team about anything from healthy eating, sleep routines, low mood and anxiety and sexual health.
- SWEDA – Somerset & Wessex Eating Disorders Association.
- Having an eating disorder, or supporting someone who has, can be distressing and bewildering experience. SWEDA offers a range of services throughout Somerset and the surrounding area.
- Call their helpline – 01749 343344 or visit www.swedauk.org





"I'm fine"

What if I do badly in my exams?

I feel really alone

What if I let people down?

What if I make the wrong choices about my future?

Everything's changing, I feel so stressed

It's easy to say "I'm fine"
We understand things can be more complicated than that, 1 in 5 students are known to have a mental health difficulty

We are here to help
Scan the code to find out more about the service or to make a self-referral



Support – Where can students go?

- **Tellmi** is a safe, anonymous app where you can talk about absolutely anything.
- ***“From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with our awesome community helps you to feel better. Our moderators check everything to keep you safe and our in-house counsellors are always on hand if you need extra support.”***
- It can be downloaded from your usual mobile app store
- **Talking Therapies**
- Talking Therapies is a new 16-19 service for young people in Somerset. Scan the QR code for further information about how to access the service and referral forms.