

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.



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**

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**



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 Somerset's Wellbeing Service - The largest youth and community support charity in Somerset, providing a range of bespoke services for young people and their families to suit the needs of the communities we operate in. Find out more here: **www.youngsomerset.org.uk**



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**



PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Suicide is the biggest killer of people aged 35 and under in the UK. We believe that many suicides are preventable. **www.papyrus-uk.org**



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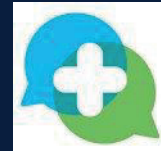
Somerset Child and Adolescent Mental Health Service (CAMHS) webpages

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/

Recommended Support Apps

Calm Harm - www.calmharm.co.uk

distrACT - Available on the Apple App Store and Google Play



2BU Somerset

If you're a young LGBTQ+ person living in Somerset, you may find that being lesbian, gay, bisexual, transgender or questioning your sexuality or gender identity can sometimes be difficult. This site is for you, feel free to take a look around.

www.2bu-somerset.co.uk



Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

Text 'Shout' to **85258**



For Health & Wellbeing tips, advice & information including self-help support for young people, parents and carers visit: www.cypsomersethealth.org

For information about adult mental health support and resources in Somerset please visit: Support with your Mental Health – Healthy Somerset www.healthysomerset.co.uk