

MENTAL HEALTH & WELLBEING SIGNPOSTING

IT'S NOT GOOD TO SPEND TOO MUCH TIME ALONE, BUT WITH COVID-19 RESTRICTIONS, THIS MAY NOT BE YOUR CHOICE

YOU DON'T NEED TO SUFFER IN SILENCE

SIGNPOSTS TO VARIOUS NON-URGENT ORGANISATIONS THAT MAY BE ABLE TO HELP



Every Mind Matters has a range of support material for students on self-care and how to look after your own mental health. You can take the mind plan and get tips dedicated to you on how to cope



NHS Talking Therapies. You can refer yourself to an NHS psychological therapies service IAPT (Improving Access to Psychological Therapies). IAPT services can treat: Depression, generalized anxiety, social anxiety, panic and agoraphobia, other phobias, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), irritable bowel syndrome (IBS), body dysmorphic disorder.



Shout provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. **Text 85258** for SHOUT the UK's first 24/7 crisis text service on, free on all major mobile networks, for anyone in crisis anytime.



You can get in touch about anything that's troubling you, no matter how large or small the issue feels. You can also contact the Samaritans if you are worried about someone else.

Call - 116 123



Explore a range of trusted information, services and tools to help you with the challenges of student life. You can access dedicated support services for by phone or text and get help finding what support is available at your place of study.



Childline will help you if you're under 19 and you can confidentially call, email, or chat online about any problem big or small.

Their freephone 24-hour **helpline is 0800 1111**. You can sign up for a childline account on the website to be able to message a counsellor.

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Papyrus is the UK Charity for the prevention of young suicide.

Papyrus Hopeline UK – 0800 068 4141



SCAN ME



The Zero Suicide Alliance (ZSA) is a collaboration of National Health Service trusts, charities, businesses and individuals who are all committed to suicide prevention in the UK and beyond. We are an alliance of people and organisations coming together around one basic principle: Suicide is preventable.



SCAN ME



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The mental health charity Mind has information on ways to help yourself cope during a crisis. This includes calming exercises and a tool to get you through the next few hours.



SCAN ME



Mental health wellbeing audio guides are a series of guides to help boost your mood.



Young Minds the UK's leading charity fighting for children and young people's mental health.

Parents helpline – 0808 802 5544



SCAN ME

CALL 999 OR GO TO A&E NOW IF:

- someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time. **Call: 999**



SCAN ME

Kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26 to ask for help and support from a team of highly qualified and experienced counsellors and support workers. Kooth.com is a well-established, award winning online counselling agency and is accredited by Worcestershire County Council and The British Association of Psychotherapy and Counselling (BACP).