

Useful Contacts

If you feel that you are not coping and need some help, please talk to someone you trust. You are never alone. If you feel that your parent/carer, friend or teacher is not right for you, you can get help online, via text/telephone, and even through apps on your mobile phone/tablet. These have been listed below for you:

Useful Contacts

If you are in immediate danger, contact 999.

For urgent NHS mental health support, contact Central Access Point (CAP): 0808 800 3302 (24/7 for all ages)

For other, non-urgent support contact NHS 101 or CAMHS Crisis Team (0116 295 0485).

For any medical help, telephone 111 (available 24/7)

Shout



www.giveusashout.org
Text: 85258

A free text service if you are feeling anxious, worried, stressed or suicidal.

Samaritans



www.samaritans.org
Contact number: 116 123

Kooth



www.kooth.com

For online counselling support, advice and information

Childline



www.childline.org.uk
Contact number: 0800 1111

Free telephone helpline for children and online support

Text Chat Health



07520 615 387

*A text service for people aged between 11- 19.
Advice given by school nurses from Monday to Friday.*

Young Minds

YOUNGMINDS

www.youngminds.org.uk

0808 802 5544

Text YM to 85258

Support children and young people with mental health issues.

PAPYRUS



0800 068 4141

Young suicide prevention

CAMHS Resources



www.camhs-resources.co.uk

Full of information and resources, extra apps, websites, books and videos

NSPCC

NSPCC

www.nspcc.org.uk

Barnardo's



www.barnardos.org.uk

Vita Health Group



www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland/

Free, short-term psychological therapies to those aged 16 years +

Health for Teens



www.healthforteens.co.uk/

Online self-help, webchats and links to your school nurse text service

Mobile Phone/Tablet Apps

Breath2Relax



This app can help you manage stress, record and visualise your current stress levels, and teach you breathing exercises.

Head Space



Headspace teaches you meditation skills that can be used at any time or place.

Happier



Use this app to lift your mood, take a quick meditation pause, or capture and savour the small happy moments that you find in your day. Contains a gratitude journal & expert-led courses.

Well Mind



An NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. It includes advice, tips and tools to improve your mental health and wellbeing.

SAM: Self Help for Anxiety Management



SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour, and manage your anxiety through self-help exercises and private reflection.

Mindful Knats



Mindfulness and relaxation skills

Mindshift CBT



A self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies.

Think Ninja



Helps you to learn and develop skills for when you are experiencing stress or anxiety, or low mood – based on CBT.

Rise Up + Recover



For those struggling with food, dieting, exercise and body image – based on CBT.

Smiling Mind



Meditation app to de-stress and keep calm, developed by psychologists

Super Better



Free games to build resilience, achieve goals, and tackle challenges including anxiety, depression, stress etc.

Calm-Harm



This app helps to manage the urge to self-harm, provides comfort and safe alternatives. Helps you to learn to identify and manage your 'emotional mind' & track progress.