

Changes YP

Free friendly confidential service. Offering mutual support for 11s to 18s.

01782 413355

CALM (Campaign Against Living Miserably)

Offers support to men aged 15-35 who are feeling down or in a crisis.

There is a phone line or website which you can use to webchat if preferred.

0800 58 58 58 (daily 5pm to midnight)

www.thecalmzone.net

Chat Health

You can contact a school nurse to ask a question about anything that might be bothering you.

Their text service is for young people aged 11-19. It isn't 24 hours but they will always get back to you as soon as they can.

07520 615723

No panic— Youth helpline:

0330 606 1174 (**charges apply**)

Youth Helpline for 13 to 20 yr olds: (daily 10am to 10pm)

No panic are the people to call if you are suffering from panic attacks, OCD, phobias and other related anxiety disorders.

www.nopanic.org.uk

If you are experiencing a panic attack you can call this number 24/7 which has a pre-recorded breathing technique—01952 680835

Mind Infoline

0300 123 3393

Mon—fri 9am—6pm

Provides information on a range of topics including:

- types of mental health problems
- where to get help
- medication and alternative treatments
- advocacy.

They will look for details of help and support in your own area.

**Numbers correct at time of publishing.
Some numbers may incur a charge.**

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DIRECTORY OF NUMBERS FOR MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE



**In an emergency where there
is IMMEDIATE risk to life
always dial 999 for
assistance with physical or
mental health issues.**

USEFUL PHONE NUMBERS:

This leaflet provides details of several helpline contact numbers that young people or their parents/carers may find helpful to gain advice or support for issues that may be related to poor mental health.

Remember in an emergency where there is immediate risk to life always call 999.

If you are worried about the symptoms you or someone you know is experiencing your GP can give you advice and signpost you to services including CAMHS (Child and Adolescent Mental Health Services).

NHS direct

24/7 phone line to help advise you. They can signpost to services, make GP appointments or call an ambulance if they feel it is needed.

Dial: 111

Samaritans

If you are in distress or need support, you can ring the Samaritans for free at ANYTIME of the day or night.

116 123 (24/7 service)

Staffordshire Mental Health

0808 800 2234

Free and confidential advice.

Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

www.childline.org.uk

(to talk one to one with a counsellor register for an account with Childline on the website)

Youngminds crisis messenger:

Text : YM to 85258 (24/7)

This is for crisis support if you are experiencing a mental health crisis.

This is a free text service for users of EE, O2, Vodafone, 3, Virgin Mobile, BT mobile, Giff Gaff, Tesco Mobile or Telecom plus.

Papyrus (Prevention of young suicide)

Confidential advice and support for young people (under 35) who feel suicidal.

Hopeline: 0800 068 4141

Text: 07786 209 697

Available:

Mon-Fri 10am to 10pm

Sat, Sun and Bank Hols 2pm to 10pm

The Mix

If you are under 25 you can contact The Mix free of charge in order to talk to someone.

0808 808 4994 (daily 1pm to 11pm)

www.themix.org.uk

Local CAMHS teams

If your GP is in North Staffordshire you can self refer to the Children and Adolescent Mental Health (CAMHS) central referral hub for under 18s on:

0300 123 0907 (option 4)

B-eat

If you have an eating disorder or someone in your family does then B-eat can help you with support and information. The website has a help finder to input your postcode and find help in your area.

Helpline for under 25s:

0808 801 0711 (daily 3pm to 10pm)

www.b-eat.co.uk

Anorexia and Bulimia care

If you are affected by an eating disorder you can contact them on:

03000 11 12 13 (option 1 support line: option 2 friends and family)

www.anorexiabulmiacare.org.uk