



## Mental Health Signpost

### **Safe Space Charity** - [openmentalhealth.org.uk/crisis-safe-space](http://openmentalhealth.org.uk/crisis-safe-space)



Crisis Safe Space is an out of hours service for anyone who feels like they are really struggling with their mental health. Instead of going to A&E, making an urgent doctors appointment or suffering in silence, you can arrange a one-to-one session with a member of the Crisis safe space, who will be able to listen and help. These sessions will either be face to face, or virtual. You can refer yourself or someone you're worried about online, or on the phone: 01823 276892 or 08001381692

### **Mind** - [mind.org.uk](http://mind.org.uk)

Mind offer community, support and advocacy for people struggling with their mental health. They offer advice and support to empower anyone experiencing mental health difficulties, and campaign to improve services, raise awareness and promote understanding. Their support and services range from addiction and dependency support, abuse support, advocacy, bereavement, housing, insurance cover and mental health, learning disability support, LGBTQIA+ mental health, money and mental health, peer support, seeking help for mental health, talking therapies and counselling, and support for emergency responders.



### **Young Minds** - [youngminds.org.uk](http://youngminds.org.uk)



Young Minds is a national mental health charity for children, young people and their parents. They provide young people with tools to look after their mental health, and have advice and information available on what to do if you're struggling with how you feel. They empower parents and adults who work with young people to be the best support they can be. Young Minds also give young people the space and confidence to get their voices heard and change the world they live in. This includes a 24/7 crisis messenger service (text 85258) and a dedicated parent line: 08088 025544



### **Every Life Matters** - [every-life-matters.org.uk](http://every-life-matters.org.uk)

Every Life Matters is a Suicide Prevention and Bereavement Support Charity for people of all ages. It provides a number of resources for mental health, self-harm, and suicide prevention. This includes pocket guides, well-being and mental health guides, safety plans and self-harm safe kits, a range of support and training. For more information see bibic's handout on Every Life Matters.

**Every  
life  
matters ...**

### **Health For Teens** - [healthforteens.co.uk](http://healthforteens.co.uk)

**HEALTH FOR TEENS**

Health for Teens introduces a new and different way for young people aged 11-19 to learn about their health. This website features bite-sized information on a comprehensive range of physical and emotional health topics for teenagers, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more. Movie clips, audio snippets and quizzes make the site engaging and interactive, and young people are able to share content easily with their peers via social media.

### **Anna Freud Centre** - [annafreud.org](http://annafreud.org)



Anna Freud Centre is a national mental health charity providing resources and support for professionals and parents. They aim to close the gap in wellbeing and mental health by advancing, translating, delivering and sharing the best science and practice with everyone who impacts the lives of children and families.

### **Kooth** - [kooth.com](http://kooth.com)

The website Kooth is a free online mental health service for 11-18 year olds and can offer support for young people who are struggling with their mental health. They offer free and confidential counselling service, and is a safe place to explore a variety of emotional health issues.

**kooth**



**every mind matters** – [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)

The Every Mind Matters campaign is run by NHS England, which features the mental health tool My Mind Plan at the heart of their resources and advice for those facing mental health problems. The aim of Every Mind Matters is to give people the skills and confidence to support our own and each other's mental health and suggest what we should do if we have mental health problems.



**PAPYRUS** – [papyrus-uk.org](https://www.papyrus-uk.org)



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. They offer professional advice and information to young people and those who are worried about them when suicide becomes part of their lived experience.

**AMPARO** – [amparo.org.uk](https://amparo.org.uk)



Amparo provides support to individuals in certain areas of the UK who have been affected by suicide, the service is free and confidential for as long as people need it. Their experienced Suicide Liaison Workers will listen, provide emotional support, whilst helping with a range of practical matters such as: liaising with police and coroners, helping with media enquiries, preparing for and attending inquest, finding other, appropriate, local services.