

## Mental Health Signposting Sheet (CYP)

### For CYP in a high level of emotional distress or mental health crisis

#### HELP IN CRISIS

| If there is an immediate danger to life, please dial 999 or go to your nearest Accident and Emergency Department:  
| [www.nhs.uk/service-search/other-services/Urgent-Care/LocationSearch/1824](http://www.nhs.uk/service-search/other-services/Urgent-Care/LocationSearch/1824)

#### Local

#### Crisis Resolution and Home Treatment Team

| Tel: 0800 169 0398 | [www.ghc.nhs.uk/our-teams-and-services/crhtt/](http://www.ghc.nhs.uk/our-teams-and-services/crhtt/)

| For 11-year-olds and up (For children under 11 years old the GP should be contacted or 111/999 out of hours | 24 hours a day, 7 days a week | An increased level of care for those with mental health conditions or experiencing emotional and psychological distress

#### National

##### Samaritans

| Tel: 116 123 | Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
| [www.samaritans.org/](http://www.samaritans.org/)  
| 24/7 free non-judgemental listening support

##### PAPYRUS

| Tel: 0800 068 4141 | Text: 07786 209 697  
| Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
| [www.papyrus-uk.org](http://www.papyrus-uk.org)  
| Dedicated to the prevention of suicide and the promotion of positive mental and emotional wellbeing in young people | Helpline open 9am – midnight 7 days a week

##### Stay Alive App

| [www.prevent-suicide.org.uk/find-help-now/stay-alive-app/](http://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/)  
| An app for those at risk of suicide or those worried about someone else. This app has information, tools and local signposting information to help people stay safe in crisis.

If a person is already being supported by specialist mental health services, they should contact the relevant team. Further information can be found on the Gloucestershire Health & Care NHS Foundation Trust (GHC) website: General information – [www.ghc.nhs.uk/](http://www.ghc.nhs.uk/) | What GHC do – [www.ghc.nhs.uk/a-z/](http://www.ghc.nhs.uk/a-z/)

### For CYP seeking help with anxiety, low mood or depression (NOT in immediate crisis)

#### Local

##### TIC+ (formerly Teens in Crisis)

| Tel: 01594 372 777 | Text: 07520 634 063 | [www.ticplus.org.uk/](http://www.ticplus.org.uk/)  
| Support for those aged between 9 – 21 yrs in Gloucestershire  
| **TIC+Chat** – available Sun – Thurs 5pm – 9pm: | Tel: 0300 303 8080 | Webchat: | [www.ticplus.org.uk/ticpluschat/](http://www.ticplus.org.uk/ticpluschat/)  
| **Counselling** - Tel: 01594 372 777 | Text: 07520 634 063

##### Child and Adolescent Mental Health Service (CAMHS formerly CYPS)

| [www.ghc.nhs.uk/our-teams-and-services/cyp-glos/camhs/](http://www.ghc.nhs.uk/our-teams-and-services/cyp-glos/camhs/)  
| Tel: 01452 894 300 (Mon – Fri 9am to 5pm)  
| Provides a comprehensive range of specialist emotional wellbeing and mental health services for all children and young people aged under 18 who are registered with a GP in Gloucestershire.

##### Gloucestershire Self Harm Helpline

| [www.gloucestershireselfharm.org/](http://www.gloucestershireselfharm.org/)  
| Tel: 0808 801 0606 | Text: 07537 410 022  
| Webchat: [www.gloucestershireselfharm.org/](http://www.gloucestershireselfharm.org/)  
| Safe, supportive, non-judgmental and informative space for people who self-harm, their friends, families and carers. Open to anyone in Gloucestershire every day 5pm to 10pm.

##### Young Gloucestershire

| [www.youngglos.org.uk/young-people/mental-health](http://www.youngglos.org.uk/young-people/mental-health)  
| Tel: 01452 501 008 | Email: [getinvolved@youngglos.org.uk](mailto:getinvolved@youngglos.org.uk)  
| Counselling and youth work support for 14-25 year olds

##### Community Wellbeing Service (CWS)

| Cheltenham & Tewkesbury – 0300 365 6463 | Cotswold – 01452 528491 | Gloucester – 0300 131 0024  
| Forest of Dean – 01594 812447 | Stroud & Berkeley Vale – 0345 863 8323  
| Search 'Community Wellbeing Service' on [www.yourcircle.org](http://www.yourcircle.org) |  
| Connecting people to local services, organisations and groups that can help improve general wellbeing and meet wider social needs, for anyone over 16 years living in Gloucestershire.

##### School Nurse

| [www.ghc.nhs.uk/our-teams-and-services/school-nursing/](http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/)  
| **ChatHealth** - | Tel: 07507 33 33 51 | Open Mon – Fri 9am to 4.30pm | Support for a wide range of health and wellbeing issues from the school nursing team

##### On Your Mind

| [www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)  
| Anonymous online support finder for people aged under 25 years based in Gloucestershire

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### National

<p style="text-align: center;"><b>Childline</b></p> <p>  Tel: 0800 1111   Email and webchat: <a href="http://www.childline.org.uk/">www.childline.org.uk/</a>   Free, private and confidential service for those under 19 years to talk about anything.</p>	<p style="text-align: center;"><b>The Mix</b></p> <p>  Tel: 0808 808 4994   Email: <a href="http://www.themix.org.uk/">www.themix.org.uk/</a>   Support for those under 25 years for mental health, money, homelessness, finding a job, relationships, and drugs</p>	<p style="text-align: center;"><b>Young Minds</b></p> <p>  Text “YM” to: 85258   <a href="http://www.youngminds.org.uk/young-person/">www.youngminds.org.uk/young-person/</a>   24/7 free and anonymous text support for young people experiencing a mental health crisis    <b>Parents’ Helpline</b> -   Tel: 0808 802 5544   <a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a>   Online information and advice to support children, young people, and their parents.</p>
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### For CYP seeking support in their community to support their wellbeing - Local

<p style="text-align: center;"><b>Community Hubs and Social Groups</b></p> <p>  <a href="http://www.yourcircle.org.uk/">www.yourcircle.org.uk/</a>   There are a number of community and social groups that meet regularly in local areas across the county. Find out what’s going on in your area or choose from a range of categories to find out more.</p>	<p style="text-align: center;"><b>Youth Support at The Cavern</b></p> <p>  <a href="http://www.kftseekers.org.uk/youth-support-service">www.kftseekers.org.uk/youth-support-service</a>   Listening ear and mentoring support and advice for young people available every day between 4pm – 8pm</p>	<p style="text-align: center;"><b>Gloucestershire Young Carers</b></p> <p>  Tel: 01452 733 060   Email: <a href="mailto:mail@glosyoungcarers.org.uk">mail@glosyoungcarers.org.uk</a>   <a href="http://www.glosyoungcarers.org.uk/">www.glosyoungcarers.org.uk/</a>   Provides a range of services and support for young carers (aged between 8 and 25 years) and their families.</p>
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### For individuals seeking basic self-care tools and resources to help them look after their emotional wellbeing - National

<p style="text-align: center;"><b>Five Ways to Wellbeing – NHS</b></p> <p>  <a href="http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/">www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</a>   Useful links about mental health</p>	<p style="text-align: center;"><b>Every Mind Matters</b></p> <p>  <a href="http://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/">www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/</a>   Expert advice and practical self-care tips for young people’s mental health</p>	
<p style="text-align: center;"><b>Mind</b></p> <p>  <a href="http://www.mind.org.uk/">www.mind.org.uk/</a>   A wide range of information and resources to support mental health</p>	<p style="text-align: center;"><b>Rethink Mental Illness</b></p> <p>  <a href="http://www.rethink.org/">www.rethink.org/</a>   Offering an online hub to provide practical support and information</p>	<p style="text-align: center;"><b>Sane</b></p> <p>  <a href="http://www.sane.org.uk/">www.sane.org.uk/</a>   A leading UK mental health charity for anyone with mental illness</p>

### Other useful resources

**Your Circle** - directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire. | [www.yourcircle.org.uk/](http://www.yourcircle.org.uk/)  
**glosfamilies Directory** - | [www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page](http://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page) |

Other versions of this document include specific signposting information for Adults.