

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

Local

Crisis Resolution and Home Treatment Team

| Tel: 0800 169 0398 | 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
| www.samaritans.org/
| 24/7 free non-judgemental listening support

PAPYRUS

| Tel: 0800 068 4141 | Text: 07786 209 697
| Email: pat@papyrus-uk.org
| 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/
| 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/ | What GHC do – 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/
| 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/
| **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/
| 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/
| Tel: 0808 801 0606 | Text: 07537 410 022
| Webchat: 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
| Tel: 01452 501 008 | Email: 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 |
| 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/
| **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
| Anonymous online support finder for people aged under 25 years based in Gloucestershire

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<p style="text-align: center;">Childline</p> <p> Tel: 0800 1111 Email and webchat: www.childline.org.uk/ Free, private and confidential service for those under 19 years to talk about anything.</p>	<p style="text-align: center;">The Mix</p> <p> Tel: 0808 808 4994 Email: www.themix.org.uk/ Support for those under 25 years for mental health, money, homelessness, finding a job, relationships, and drugs</p>	<p style="text-align: center;">Young Minds</p> <p> Text “YM” to: 85258 www.youngminds.org.uk/young-person/ 24/7 free and anonymous text support for young people experiencing a mental health crisis Parents’ Helpline - Tel: 0808 802 5544 www.youngminds.org.uk/ 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;">Community Hubs and Social Groups</p> <p> www.yourcircle.org.uk/ 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;">Youth Support at The Cavern</p> <p> www.kftseekers.org.uk/youth-support-service Listening ear and mentoring support and advice for young people available every day between 4pm – 8pm</p>	<p style="text-align: center;">Gloucestershire Young Carers</p> <p> Tel: 01452 733 060 Email: mail@glosyoungcarers.org.uk www.glosyoungcarers.org.uk/ 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;">Five Ways to Wellbeing – NHS</p> <p> www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/ Useful links about mental health</p>	<p style="text-align: center;">Every Mind Matters</p> <p> www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/ Expert advice and practical self-care tips for young people’s mental health</p>	
<p style="text-align: center;">Mind</p> <p> www.mind.org.uk/ A wide range of information and resources to support mental health</p>	<p style="text-align: center;">Rethink Mental Illness</p> <p> www.rethink.org/ Offering an online hub to provide practical support and information</p>	<p style="text-align: center;">Sane</p> <p> www.sane.org.uk/ 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/
glosfamilies Directory - | www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page |

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