

what's worrying you?

These websites can give you information about common mental health problems, how to cope with your feelings and where to get support.

Youngminds

www.youngminds.org.uk
Information and signposting to organisations that listen, plus online support.

NHS Choices

www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help
An information hub of advice and links.

The Mix

www.themix.org.uk
Essential support for under 25s.

ChildLine

www.childline.org.uk
0800 1111
You can find out about anything – no problem is too big or too small.

Kooth

www.kooth.com
Real time help with friendly, qualified counsellors.

Epic Friends

www.epicfriends.co.uk
Helping you help your friends who might be struggling to cope emotionally.

Get a good night's sleep

Try to think the issue through

Walk the dog

Take some exercise

Doc Ready

www.docready.org
Helping you get ready for the first time you visit a doctor to discuss your mental health.

Rise Above

www.riseabove.org.uk
Interesting and useful stuff to help you to address anything that life throws at you.

Stonewall Youth

www.youngstonewall.org.uk
Supporting young lesbian, gay, bi and trans people.

Mermaids

www.mermaidsuk.org.uk
Support with gender identity issues.

Winston's Wish

www.winstonswish.org.uk
08452 03 04 05
Talk and ask questions about bereavement.

OCD Youth

www.ocdyouth.org
Things you need to know about Obsessive Compulsive Disorder (OCD).

Papyrus

www.papyrus-uk.org
0800 068 41 41
For those with suicidal thoughts.

Revenge Porn Helpline

www.revengepornhelpline.org.uk
0845 6000 459
Confidential help for victims who have intimate images of them shared and posted online without their consent.

Beat

www.b-eat.co.uk
0345 634 7650
Support for anyone affected by eating disorders or difficulties with food, weight and body shape.

Samaritans

www.samaritans.org
08457 90 90 90
Talk about anything that's troubling you.

Tell someone about it

Oxford Health

NHS Foundation Trust
www.oxfordhealth.nhs.uk/children-and-young-people/young-people/south-west
Information about Child and Adolescent Mental Health Services (CAMHS) in Wiltshire.

Give someone a hug

Find time for yourself

Get creative

Do something you enjoy

Express yourself

onyourmind.org.uk

Are you an adult who is worried about a child or young person's emotional wellbeing or mental health?

These contacts and websites can offer you support and guidance to keep children emotionally well.

Safeguarding concerns?

Refer into Wiltshire's Multi-Agency Safeguarding Hub 0300 456 0108
Out of Hours 0845 6070 888
or Police 999

Oxford Health NHS

Foundation Trust

www.oxfordhealth.nhs.uk/children-and-young-people
Information about local Child and Adolescent Mental Health Services (CAMHS). For advice contact:
Melksham 01865 903777
Marlborough 01865 904666
Salisbury 01722 336262

MindEd

www.minded.org.uk

A wealth of resources to give you confidence to help improve a child or young person's emotional wellbeing and mental health.

NHS Choices

www.nhs.uk/livewell/mentalhealth
For information about mental health conditions and services.

Young Minds Parents' Helpline

0808 802 5544
(Monday to Friday, 9:30am to 4pm)
www.youngminds.org.uk/for_parents
E-mail: parents@youngminds.org.uk

Head Meds

www.headmeds.org.uk
Demystifies medication for mental health.

Royal College of Psychiatrists

www.rcpsych.ac.uk
Information and advice on mental health and links to helpful resources.

Time to change

www.time-to-change.org.uk
Resources and sources of support for a variety of mental health problems.

onyourmind.org.uk

Information correct as of June 2016



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onyourmind.org.uk

How to cope with your feelings and where to get support



 NHS
Wiltshire
Clinical Commissioning Group

 Wiltshire Council
Where everybody matters