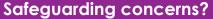
# Are you an adult who is worried about a child or young person's emotional wellbeing or mental health?

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



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.



on your **mind** 







How to cope with your feelings and where to get support

# 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.

Get a good night's sleep Try to think the issue through

Walk the dog

#### 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.

#### **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**

thoughts.

Take some

exercise

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

Express yourself

#### **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/childrenand-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

onyourmind.org.uk