

## WHAT SUPPORT IS OUT THERE FOR ME?



### SERVICES AND ORGANISATIONS WHO CAN HELP ME.

Child Line www.childline.org.uk	Shout: text "shout" to 85258 <a href="https://giveusashout.org/">https://giveusashout.org/</a>	Samaritans Call 116 123 or visit <a href="http://www.samaritans.org">www.samaritans.org</a>
Papyrus www.papyrus-uk.org	Mind <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	The Mix <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>
NHS: <a href="http://www.mymind.org.uk">www.mymind.org.uk</a> and <a href="https://www.nhs.uk/mental-health/children-and-young-adults/">https://www.nhs.uk/mental-health/children-and-young-adults/</a>	Calmharm app for self-harm support (Find in the app store)	ChatHealth- Cheshire East 07507 329908 Confidentially text a school nurse with concerns for your health and wellbeing. Mon-Fri 9-5pm
Young Minds <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	Annafreud <a href="http://www.annafreud.org">www.annafreud.org</a>	Kooth: Online counselling service <a href="http://www.kooth.com">www.kooth.com</a>
Young Minds Parent Line <a href="http://www.youngminds.org.uk/find-help/for-parents/parents-helpline">www.youngminds.org.uk/find-help/for-parents/parents-helpline</a>	Family Lives <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> For emotional support, information, advice and guidance on any aspect of parenting and family life.	The Cheshire East Domestic Abuse Hub <a href="https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx">https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx</a>

Don't forget your GP, friends & family are also there to support you.

For urgent mental health support please call CWP 24/7 Crisis Line – Cheshire 0800 145 6485 <https://www.mymind.org.uk/crisis-support/>

Staffordshire 0800 0 328 728 (OPTION 1) <https://www.combined.nhs.uk/how-to-access-us-in-a-crisis/>

You should still call 999 or go to A&E if you have an **immediate, life-threatening emergency** requiring mental or physical health assistance.