



# MHSLT

Mental Health Schools Link Team

## NHS Mental Health Helplines:



Visit this website for a comprehensive list of helplines highlighted by the NHS for emotional wellbeing and physical wellbeing needs.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

## The Mix



The Mix provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. You can: call **0808 808 4994** for free – lines are open from 11am to 11pm every day.

[https://www.themix.org.uk/?gclid=EAlaIqobChMIkcvrgYPM6AIVhrTtCh3R6AWFEAAYASAAEgKtbFD\\_BwE](https://www.themix.org.uk/?gclid=EAlaIqobChMIkcvrgYPM6AIVhrTtCh3R6AWFEAAYASAAEgKtbFD_BwE)

## Child Bereavement UK



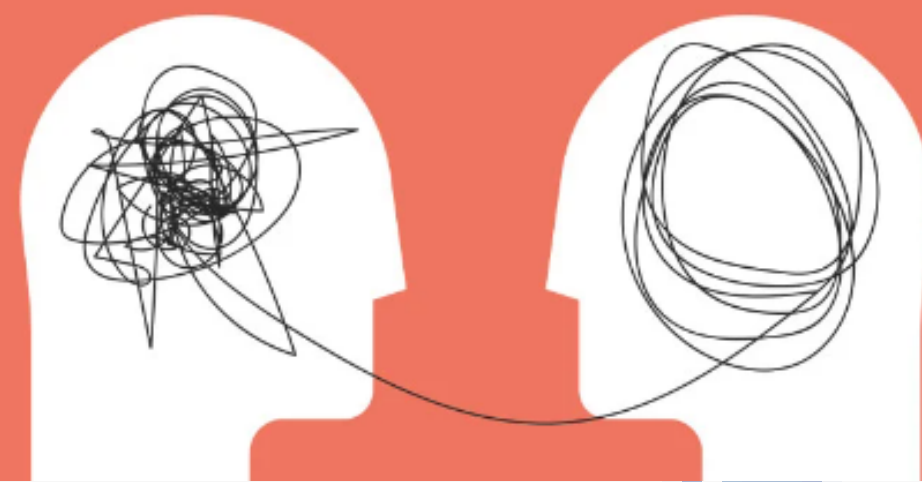
Support service for young people following the loss of a loved one.

<https://www.childbereavementuk.org/>

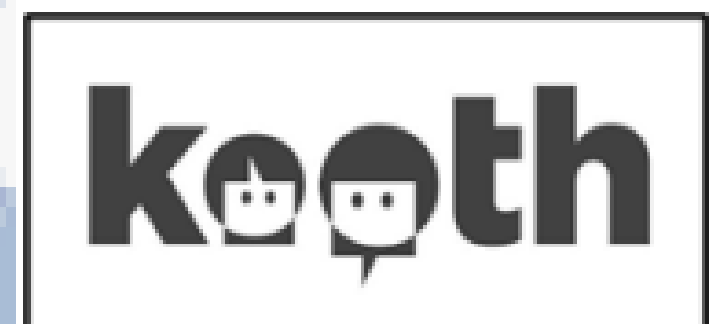
<https://bereavement.lgfl.org.uk/>

HEALING TAKES TIME, AND  
ASKING FOR HELP  
IS A COURAGEOUS STEP.

MARISKA HARGITAY



## Kooth.com



Free online counselling support, peer support and advice forums for young people.

<https://www.kooth.com/>

## ChildLine



Hour advice and support line for Young People

<https://www.childline.org.uk/>

Believe in  
children



Barnardo's

### Contact details

- **07783 763382**
- [sthresilience@barnardos.org.uk](mailto:sthresilience@barnardos.org.uk)

<https://www.barnardos.org.uk/what-we-do/services>





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## Mind – UK Mental Health Charity



This website highlights support services in your local area alongside looking at specific mental health difficulties and tips to help. Below is a support section we have highlighted for Young People.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

## Shout – Advice Line



Shout provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can: text **SHOUT** to **85258** in the UK to text with a trained Crisis Volunteer and text with someone who is trained and will provide active listening and collaborative problem-solving

<https://www.crisistextline.uk/>

## Young Minds



Mental Health Advice and Signposting for Young People.

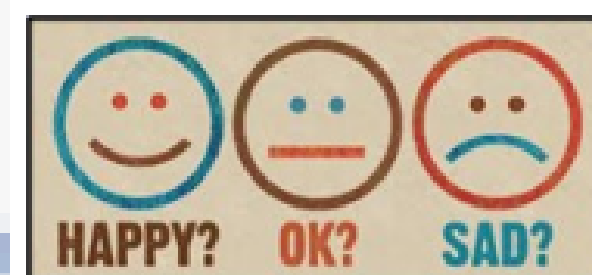
<https://youngminds.org.uk>

Young Minds also have a crisis messenger service for young people to access 24/7:

- <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

Make your  
**MENTAL HEALTH**  
a priority

## Happy? OK? Sad?



Warrington emotional wellbeing signposting website with advice, guidance and links to support for young people and adults both locally and nationally.

<http://happyoksad.org.uk>

## PAPYRUS – Prevention of Young Suicide Charity



PAPYRUS' HOPELineUK is for young people (aged under 35) who are having thoughts of suicide and anyone who is worried about a young person who may be at risk of suicide.

<https://papyrus-uk.org/>



<https://www.tellmi.help/how-tellmi-works>



When you can't tell anyone else. Tellmi.