



Mental Health Support

Please find below the details of just some of the local and national organisations that can offer that help, for children and young people.

URGENT SUPPORT

If you are worried about something, talk to an adult that you trust, as soon as possible, or a teacher at school. If you are not sure who to talk to call **Childline on 0800 1111** for **FREE** anytime.

If you live in Wiltshire and need somebody to talk to about your mental health or you are struggling to cope you can text **WILTS to 85258** for **FREE** and **confidential** text message support that won't appear on your bill.

If you are having thoughts of suicide, are harming yourself or have thought about self-harm, it is important to tell someone. These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone. Please talk to someone ASAP.

If you have injured yourself or taken an overdose, please seek urgent medical attention straight away from an **A&E** department or call **999**.

- Visit your GP.
- You can call the **Samaritans on 116 123** (freephone). Available 24/7, 365 days.
- Call the **NHS 111** service free from a landline or mobile on 111. Call 111 when you need medical help fast but it's not a 999 emergency. Available 24/7, 365 days.
- National Suicide Prevention Helpline **0800 689 565**. Available 24/7 356 days.
- Call the **SANE** mental health charity national out-of-hours mental health helpline. This offers specialist emotional support, guidance and information to anyone affected by mental illness including family, friends and carers. Open between 4pm to 10pm on **0300 304 7000** 24/7, 365 days.
- If you do not want to talk on the telephone you can text these numbers for support 24 /7 **TEXT "SHOUT" to 85258**

Young Minds Crisis Messenger – for under 19's

TEXT "YM" to 85258

These services are available to anyone who is struggling, they are free and anonymous and they will not judge you.



We provide one-to-one counselling support for people who are experiencing mental health problems. During the pandemic, we have provided our services remotely to support those facing isolation and loneliness.

Our free counselling for children and young people aged 11+ aims to provide a safe space where highly specialist counsellors use a range of creative therapeutic methods to help young people connect to, and express, their emotions. Helping young people develop coping strategies can mean they are able to thrive rather than just survive.

Telephone: 01225 706532

Email: counselling@wiltshiremind.co.uk

Five ways to Wellbeing

Connect

- Relationships are a key part of being human. Building good relationships can help improve your self-worth.
- Checking in with a friend or family member can help you feel connected, especially taking it in turns to talk about how you're really feeling.

Be Active

- Being physically active can help reduce symptoms of mental health problems. Finding ways of being active that you enjoy can improve your mood.
- Even just taking a short walk each day makes a difference.

Take Notice

- Being attentive or 'mindful' in the present moment can help your mental wellbeing. At a simple level this just means noticing what's around you and what you're feeling, rather than worrying about the past or future.
- Simply focusing on your breath for a few minutes can help you feel calmer.

Learn

- Taking time to try something new or learn new skills can help improve your self-esteem and confidence.
- Even listening to a podcast or learning a new recipe can make you feel more confident.

Give

- Supporting or helping others can improve your own happiness and give you a sense of purpose.
- This might include volunteering in your community, helping with chores or just taking time to hold the door open for others.



Wiltshire Council

Children's Services - Integrated Front Door Service (IFDS)

Provides a 24-hour response to concerns for children every day of the year.

0300 456 0108 (Mon-Thurs 8.45am-5pm, 4pm Fri)

0300 456 0100 - Out of hours service

www.wiltshire.gov.uk/article/1433/Children-s-services-who-to-contact

The Out of Hours Service provides an emergency social work service outside of normal office hours, nights, weekends, and bank holidays.

The service responds to the following situations:

- Emergencies where immediate social care intervention is required to safeguard a child or young person.
- Significant welfare concerns that cannot safely wait until the next working day.
- Provides support, information and advice over the phone to keep the situation safe until the next working day.

Call us when your local daytime service office is closed on 0300 456 0100.

Monday to Thursday - 5pm - midnight

Friday 4pm - midnight

Weekends / Bank Holidays 9am - midnight

Phones are diverted to the Social Work Standby Service from midnight - 9am (7 days a week).

The Standby Service should only be used where a child or young person is identified as being at immediate risk of harm and where concerns cannot safely wait until the day service is available.



Wiltshire CAMHS (Child and Adolescent Mental Health Service)

NHS service provide assessment and support for children and young people up to 18 experiencing poor mental health. CAMHS will work with you and your family to identify your difficulties and provide the right help for you.

www.oxfordhealth.nhs.uk/camhs

If it's not a 999 emergency but you do need help fast:

Please contact the CAMHS mental health helpline for children, young people and parents/carers on 0800 023 2133.

Contact your GP and ask for an urgent appointment during opening hours.
Speak to an adult you trust.

The Eating Disorder Service (TEDS) provided by Oxford Health NHS Foundation Trust: a multi-disciplinary team of qualified mental health professionals facilitating early identification of eating disorders, offering specialist assessment and evidence based treatments for eating disorders in children and young people, early contact/referral is encouraged for any eating disorder concerns: www.oxfordhealth.nhs.uk/camhs/banes/teds/

Contact CAMHS, if you are already using CAMHS, contact during office hours (9am-5pm) on 01865 903777.



Barnardo's

Healthy Minds Wiltshire

Counselling and Therapy from Barnardo's for children and young people aged 5-18 who are not currently accessing CAMHs or another similar wellbeing intervention. Provided online, by phone or face to face. To request support please complete the online referral form on www.onyourmind.org.uk/feedback/ or on 07849 306876 Monday to Friday 9.30am – 4pm.

Signposts children, young people, and parents/carers in Wiltshire to sources of support for good mental health and emotional wellbeing - www.onyourmind.org.uk/

The Porch Surgery

Beechfield Road,
Corsham,
Wiltshire, SN13 9DL
Tel: 01249 712232

www.porchsurgery.nhs.uk/health-information/mental-health/

www.porchsurgery.nhs.uk/health-information/teenagers-and-young-people/

www.what0-18.nhs.uk/health-for-young-people/mental-health-and-wellbeing



<https://teentalk.org.uk/>

Free and confidential support for young people aged 16-25

TeenTalk provides a confidential counselling service to young people aged from 10 to 25 within North and West Wiltshire.

Counselling is one way of getting the support to help you cope with these issues. It is confidential and your counsellor will not make judgements about you or even offer advice. The counsellor will help you talk about how you feel and work with you to develop ways to cope so that you can feel more like yourself.

TeenTalk are based at The Canberra Centre, in Melksham and in Chippenham on Wednesday afternoons

Telephone - 01225 667328, or send a message on Facebook - www.facebook.com/TeenTalkWilts

Relate

Relate 'Time to Talk' www.relate.org.uk/mid-wiltshire : Counselling delivered in several primary schools across Wiltshire.

www.relate.org.uk/centre/mid-wiltshire

Tel: 0300 003 1781

appointments.midwilts@relate.org.uk



Healthwatch Wiltshire is a local health and social care champion. They have a useful list of Wiltshire Mental Health and Wellbeing Support Services available for young people.

www.healthwatchwiltshire.co.uk/sites/healthwatchwiltshire.co.uk/files/youngwilts_mh_list_October22.pdf



NHS Avon and Wiltshire Mental Health Partnership

A mental health support service for patients, families and carers worried about their own or someone else's mental health. The telephone response line offers out-of-hours care for people and children in crisis. If you or a loved one feels unsafe, at risk or unable to cope without professional advice, dedicated staff will ensure that you are directed to the team best able to meet your needs.

If you are currently experiencing a mental health crisis or supporting someone in crisis, please call the Avon and Wiltshire Mental Health Partnership NHS Trust crisis line: 0800 953 1919.

In an emergency, please dial 999.

www.awp.nhs.uk/advice-support/24-hour-support



Motiv8 is a substance misuse service for young people aged 11-18 in Wiltshire.

They provide advice, guidance and one-to-one sessions for young people who are having problems with drugs and/or alcohol. The service is free and confidential, and we aim to provide a flexible and non-judgemental space for young people to be open about the problems they are facing.

Tel: 0800 169 6136

info@dhimotiv8.org.uk

The Wrap - is an online platform for young people, 18 and under. It enables young people to get support at an early stage before more difficult situations develop. It also sets out to empower young people to make positive choices and builds resilience to overcome life's challenges.

www.thewrapdhi.org.uk



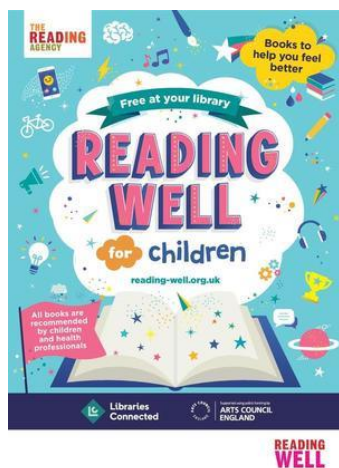
FCT Wiltshire delivers low-cost counselling services for children and young people aged 4-18 and their families in Swindon, Devizes, Salisbury, Amesbury, Marlborough, Chippenham, and all other areas of the county.

FCT Wiltshire is currently accepting referrals from GPs, schools and other professionals working with children, as well as from parents, carers and families.

If you would like to enquire about making a referral or if the service is right for you, please contact the Wiltshire FCT Family Liaison Officer: James Poynting

EMAIL: flo-wiltshire@familycounsellingtrust.org

PHONE: 07375 535407



Reading Well for Children

Provides quality-assured information, stories, and advice to support children's mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families and suitable for ages 7 – 11.

Corsham Library 01249 468490

<https://www.wiltshire.gov.uk/libraries-reading-well>

www.reading-well.org.uk/books/books-on-prescription/teens

National Services - Children and Young People's Support



Young Minds

Mental health support for young people.

www.youngminds.org.uk

Young Minds Parents Helpline

Call the Parents' Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

0808 802 5544, 9.30am-4pm, Mon - Fri.

www.youngminds.org.uk/find-help/for-parents/parents-helpline

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Childline helps anyone under 19 with any issue. Trained counsellors are there to support you.

www.childline.org.uk



Provides free, confidential support for young people under 25.

If you are under 25 and need help but don't know where to turn, call us for FREE on

 **0808 808 4994**

We'll explore your situation with you and find organisations that may be able to help you further.

We are open from 4– 11pm Monday to Saturday.

If you feel like you can't cope or are worried about how you are feeling, you can contact our FREE crisis messenger 24/7 by texting THEMIX to 85258

www.themix.org.uk/get-support



Confidential support and advice, through the helpline, for young people struggling with thoughts of suicide, and anyone worried about a young person.

HOPELINEUK

0800 068 4141

www.papyrus-uk.org



Information, training, and support on mental health for young people, parents, educators, employers, GPs, and Practice Nurses.

www.charliewaller.org/



A website offering advice, information, guidance and resources to students affected by low mood, depression and suicidal thinking. Alongside information and resources, it presents the experiences, strategies and advice of students themselves.

www.studentsagainstdepression.org

**WINSTON'S
WISH *ww***

Giving hope to grieving children

Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Their expert teams offer one off and ongoing bereavement support, and we also provide online resources, specialist publications and training for professionals.

www.winstonswish.org

Contact 0808 802 0021 (Free Monday – Friday 8am – 8pm)

Email ask@winstonswish.org



www.beateatingdisorders.org.uk/

Our Helplines are open 365 days a year from 9am – midnight during the week, and 4pm–midnight on weekends and bank holidays.

We encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health. And we campaign to increase knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people are brave enough to take vital steps towards recovery, the right help is available to them.

The work we do means that every year lives are saved, families are kept together, and people are able to live free of eating disorders.

Helpline: 0808 801 0677, or our Youthline on 0808 801 0711

Email: help@beateatingdisorders.org.uk

EPIC FRIENDS

<https://epicfriends.co.uk/>

Helping you help your friends who might be struggling emotionally.



A training programme created in response to childhood aggression, anxiety, depression, and suicide. Based firmly in neuroscience, MindUP gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.

<https://mindup.org/mindup-for-families/>



Their mission is to close the gap in wellbeing and mental health by advancing, translating, delivering and sharing and delivering and sharing the best science and practice with everyone who impacts the lives of children.

There is a useful wellbeing directory on the website.

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>



Provides honest information about drugs and alcohol.

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

Call 0300 123 6600

Call FRANK 24 hours a day, 7 days a week.

For people with hearing impairments, you can [Textphone FRANK on 0300 123 1099](https://www.talktofrank.com/contact)

If you call when your friends are around we may ask you to call back when you're on your own.

Calls from a landline cost no more than a normal national call (to an 01 or 02 number). The calls may show up on the bill.

Calls from a mobile phone vary in cost depending on what network you're on. The call may show up on the bill.

You can talk to FRANK in 120 languages – just call the same number and an interpreter will be there if you want.

Text [82111](https://www.talktofrank.com/contact)

Text a question and FRANK will text you back.

Text service details

The cost of sending a text to FRANK is the same as a standard text message - which will depend on your network tariff. There is no charge for receiving text messages from FRANK. Please don't send picture messages as FRANK can't view them.

Remember you can always call or email FRANK anytime if you need more information and advice about drugs.

Send an email www.talktofrank.com/contact

FRANK will message you back.

Email service details

The reply will come from frank@talktofrank.com and the subject line won't have your question in it.

FRANK will only ever reply to you. You'll never receive an email you did not ask for.

If you're worried about someone reading your messages, you can always set up a special email account with something like Gmail or Yahoo.

LOCAL YOUTH SERVICES



The Rise Trust - Children's Centre Services

Support services for families with children in Corsham and surrounding areas.

Detached Youth Work in Corsham on Wednesday and Friday evenings.

01249 463040

www.therisetrust.org

www.therisetrust.org/services/youth-activities/



Corsham Youth Zone is a youth club for 11-18 year olds from the Corsham area. We are open on Friday evenings 6-8pm based at The Springfield Campus.

Tel: 07903 621621

Email: corshamyouthzone@gmail.com



info@rewiredcounselling.com

07971 809123

[Rewired \(rewiredcounselling.com\)](http://Rewired(rewiredcounselling.com))

A local counselling service. Fees apply, contact direct to enquire.