

Young People and Mental Health Tools and Resources

Kooth: Free, safe, anonymous online support for young people. Chat to counsellors and get Support from the Kooth Community.

<https://www.kooth.com>

Mon-Fri: 12pm-10pm

Sat-Sun 6pm-10pm

RISE: The RISE team works with young people in schools across Newcastle and Gateshead to help support their emotional and mental wellbeing. School is full of positive and negative experiences. School life can be especially difficult when people experience added pressures, whether school related or in their personal life. All young people from across Newcastle and Gateshead are eligible for help and support from the RISE team.

Find Help, Resources & Self-help apps online;

<https://www.rise-ne.co.uk/>

Childline: A place a child or young person can talk about something they are worried about. They can do this online or on the phone. Online Toolbox with Activities.

Tel: 08001111

www.childline.org.uk

NB. Update from Childline

Because of the coronavirus, we've had to make some changes to how Childline works. For now, you can only speak to a Childline counsellor online or on the phone from 9am – midnight.

Big White Wall is for anyone aged 16 or over who wants to improve their mental health. Can provide one to one support from experienced counsellors or therapists via webcam, audio or instant messaging. Anonymous community where members can support each other with support for young people experiencing a mental health crisis.

www.bigwhitewall.com

Access 24 hours per day 365 days a year.

Streetwise: C-Card & M-Card deliveries;

During home isolation, Streetwise are delivering condoms, through the C-card scheme to young people aged 16-25 who are living or staying with their partners to their homes in Newcastle. Period products are also available to young people 11-25 for FREE and delivered.

Counselling and Emotional Well being support is available via Skype, phone and online, please complete the website referral form, new referrals will be taken from April.

Tel: 0191 2305400 (Usual no)

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

No Panic (Youth helpline for 13-20 year old's): Provides advice, support, recovery programmes and help for people living with phobias, and any other anxiety- based disorders.

Tel: 0330 606 1174

www.nopanic.org.uk

Shout is a FREE 24/7 Text Service for anyone in a crisis.

Text: 85258 24 hours a day

Young Minds: Online Support for children and young people's Mental Health.

<https://youngminds.org.uk/about-us/>

<https://facebook.com/youngmindsuk>

Young Minds Crisis Messenger - 24/7 text support for young people across the UK experiencing a mental health crisis. Texts are free to most mobile providers: Text YM to 85258, open 24/7

Parent's helpline: 0808 802 5544

Monday to Friday 9.30am – 4pm, free for mobiles and landlines

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

www.thecalmzone.net

Tel: 0800 58 58 58 Daily, 5pm to midnight

Rape crisis Tyneside and Northumberland. Information, support and counselling for women and girls over 13 years who have experienced sexual violence anytime in their lives, including childhood sexual abuse.

www.rctn.org.uk

Tel: 0191 222 0272

Stop Breathe Think

FREE app. Mindfulness and meditation app for children aged 5-10 years

www.stopbreathethink.com

SAM Self-help for anxiety management, interactive tools and games and anxiety tracker.

www.sam-app.org.uk

Children's Society

Resources for young people around mental health and emotional wellbeing, including loneliness, stress, social media, phobias etc.

www.childreassoc.org.uk

NHS go provide a confidential health advice and information service for 16-25 year olds, also provides guides and quizzes around key health issues, including sex and relationships, puberty and teen health, smoking, drugs and alcohol, sleep, LGBTQ, mental health and wellness etc.

www.nhs.go.uk

The Mix is the UK's leading support service for young people.

Support around mental health (anxiety, depression, self-harm, suicide, selfcare, counselling), money, relationships, drugs and alcohol.

Confidential helpline, text/chat, online support and online resources.

0808 808 4994 Text THEMIX to 85258

www.themix.org

On my mind aims to empower young people to make informed choices about their mental health and wellbeing. Information on the pages produced by young people to help other young people.

www.annafreud.org

Moodscape App and online resource

Helps Young people monitor and understand their emotional wellbeing.

www.moodscape.com

IfUCareShare <https://www.ifucareshare.co.uk/>

Support for young people in a mental health crisis with suicidal thoughts and those people who have been affected by suicide.

Crisis messenger: Text IUCS to 85258 open 24/7.

Also offer Mental Health First Aid training.

Mental Health Forum <https://www.mentalhealthforum.net/>

Online **mental health** support with people who know what it's like to have depression, anxiety, bipolar, schizophrenia, self-harm, bpd, OCD, etc.

Talking Helps Newcastle <https://www.talkinghelpsnewcastle.org/self-referral/>

Free service offering a range of talking therapies, advice, information and support. Available to anyone 16+ who is registered with a GP in Newcastle. Self-refer online or by phone 0191 282 6600

Tyneside and Northumberland Mind <https://www.tynesidemind.org.uk/>

Provide a range of Wellbeing Projects aimed at supporting mental health including Emotional Resilience, Skills Development, Support Groups and Lifestyle. Newly launched support line 0191 4774545. Crisis support via phone: Mind Infoline 0300 123 3393

Place2be.org.uk <https://www.place2be.org.uk/page/get-urgent-help/#>

Provide mental health support in schools through 1:1 and group counselling. They also offer training, resources and professional qualifications.

Shout is a free 24/7 text service that can support anyone struggling to cope

Text CONNECT to 85258

Papyrus <https://www.papyrus-uk.org/> Confidential support and advice for young people struggling with suicidal thoughts. Its helpline service – HOPELINEUK – is available to anyone under the age of 35 experiencing suicidal thoughts, or anyone concerned that a young person could be thinking of suicide. Phone 0800 068 4141; Text 07860039967; email pat@papyrus-uk.org; opening times: 9am – midnight 365 days per year

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