

Schools: Student mental wellbeing tool kit

Where to go for help:



[SHOUT](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.



[Papyrus \(Prevention of Young Suicide\)](#) provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111 or students can have a one-to-one chat with an [online advisor](#).

SAMARITANS

[Samaritans](#) are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at jo@Samaritans.org.



[The Mix](#) offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.



[YoungMinds Crisis Messenger](#) provides free crisis support and links to a range of support options.



All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

Digital resources:

[Calm zone | Childline](#)
Activities and tools, wellbeing exercises and interactive games for under 19s.

[Mental Health - The Mix](#)
Online articles and discussion forums for 11 – 25 year olds.

[Home – Kooth](#)
Online mental wellbeing community for 10 – 25 year olds.

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)
Online self-care video library.

Parents and carers: Young people's mental wellbeing tool kit

Support for you and your young person:



- Local NHS 24/7 urgent mental health lines (which can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth)).
- Public Health England's [Better Health Every Mind Matters](#) campaign shares helpful tips for [young people](#) parents and carers, including how to [spot the signs](#) that your child may be struggling.



- [YoungMinds Parents Helpline](#) is available for parents, guardians and carers. You can call them on 0808 802 5544; 9.30am to 4pm on weekdays.
- [YoungMinds Crisis Messenger](#) provides free crisis support and links to a range of support options for young people.



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- [Papyrus \(Prevention of Young Suicide\)](#) provides advice and support for young people under 35 who feel like they want to take their own life. All their advice is confidential. Young people and parents under 35 can call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).

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Helpful resources:

Parents and carers guide:
[Suicidal Thoughts | Suicidal Ideation Signs and Symptoms | YoungMinds](#)

NHS App (digital tools and apps to support your own wellbeing):
[NHS App and your NHS account - NHS \(www.nhs.uk\)](#)

Tips and guidance -
Supporting your child:
[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Suicide prevention training:
[Free online training from Zero Suicide Alliance](#)