MENTAL HEALTH

https://www.provisionmap.co.uk/wp-content/uploads/2020/05/Additional-MH-information.pdf

NHS MENTAL HEALTH & CONDITIONS HELPLINES - https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/
Mental health services https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/

HUB OF CONTACTS: https://hubofhope.co.uk/services?latitude=52.5567652&longitude=-1.8735282

 $\underline{https://lpec.org.uk/wp\text{-}content/uploads/2021/05/Mental-Health-Resources-MH-Awareness-Week-May-21.pdf}$

YOUTH WELLBEING DIRECTORY

Mental health services HERE

MENTAL HEALTH IN SCHOOLS 2018

Now & Beyond	Educational mental health and wellbeing resources from some of our partner organisations	https://nowandbeyond.org.uk/materials-for-beyond
Anna Freud National Centre for Children and Families	Wellbeing Directory	YOUTH WELLBEING DIRECTORY
Place2B MH charity working with pupils, families and staff in UK schools Place 2Be	Place2Be is a national charity providing emotional and therapeutic services in primary and secondary schools, in England, Scotland and Wales, building children's resilience early in life through counselling, creative work and play. We also provide training on mental health and wellbeing for teachers and other professionals who work with children and young people, so we can help to build 'mentally healthy' schools and communities where all children can thrive. www.place2be.org.uk	https://www.place2be.org.uk/

Believe in children M Barnardo's	Building on Barnardo's experience working with vulnerable children and young people and our delivery across a wide range of education partnerships including programmes and interventions, Barnardo's Education Community aims to enhance capacity to recognise, understand and respond in a trauma-informed approach to children and young people's emerging needs, during this period of uncertainty.		https://www.educators-barnardos.org.uk/	
ChildLine 0800 1111				
Mental health resources for schools time to change let's end mental health discrimination	Time to Change is a growing social movement working to change the way we all think and act about mental health problems. We've already reached millions of people and begun to improve attitudes and behaviour.		https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources	
Mental health and Support Services	If you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help.		https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support	
Birmingham Mind	Jane Moore	17 Graham Street Hockley Birmingham, West Midlands. B1 3JR	Phone: 0121 608 8001 Opening hours: Monday to	Email: info@birminghammind.org Website: http://www.birminghammind.org
Young minds	Rachel McNair		Friday: 9am-5pm 0808 802 5544	https://youngminds.org.uk/
Mind Infoline For better mental health	Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.		Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463	Email: info@mind.org.uk www.mind.org.uk/information-support/h elplines

mindup For life	Mind Up - Goldie Hawn Foundation	n		https://mindup.org/
MindEd for Families				https://www.minded.org .uk/
keeth	With over 130 counsellors and emotional wellbeing practitioners we look after thousands of service users each day. Our counsellors are BACP accredited or working towards that accreditation. Compassion and that "alongside you" feeling is critical to our unique personal approach.		o2o3 984 9337contact@kooth.com Parents reaching out parents@kooth.com	https://www.kooth.com/ https://www.koothplc.com/about-us/who-w e-are
Elefriends	Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind. If you're a carer needing support you can contact all of the above as well as Carers Direct and the Carers Trust, both of whom are able to provide support and advice on any issues affecting you.			Website: http://elefriends.org.uk/
Counselling W P H	A step down from CAMHS but 6 month waiting list!	The Haven 55 Upper Forster Street	Telephone: 01922 649000	Email: wphcounselling@btconnect.com http://wphcounselling.org/Contactus.htm

		Walsall West Midlands WS4 2AB				
TELEPHONE HELPLINE 01922 649000 Out of hours emergency helpline offering caring and compassionate support, information and advice whenever needed. Follow up one to one appointments will be arranged if necessary.						
Children and Young People with Disabilities Team	CAMHS	Education Development Centre, Rushall, Walsall WS4 1NG	01922 654 634			
The Mix	Online guide to life for 13-25 year olds. Straight-talking emotional support on a range of issues including mental health problems & is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room. The Mix's support via phone, email, webchat, peer to peer and counselling services.		Telephone: 0808 808 4994 (11am-11pm, free to call) Crisis Support: Text 'THEMIX' to 85258.	Website: www.themix.org.uk/get-support themix.org.uk		
Mental Health Foundation				https://www.mentalhealth.org.uk/		
NSPCC Gruelty to children must stop. FULL STOP.	Specialises in child protection and the prevention of cruelty to children.		helpline (adults): 0800 800 5000 helpline (children and young people) 0800 1111	help@nspcc.org.uk Nspcc.org.uk		

OUR MINDS FUTURE			https://www.ourmindsourfuture.uk/
Papyrus	Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.	helpline: 0800 068 41 41	papyrus-uk.org
student minds	STUDENT MINDS		https://www.studentminds.org.uk/
Switchboard LGBT+ helpline	SWITCHBOARD LGBT + HELPLINE		https://switchboard.lgbt/
Rethink Mental Illness.	RETHINK MENTAL ILLNESS		https://www.rethink.org/
WINSTON'S WISH VVV Giving hope to grieving children			https://www.winstonswish.org/
palise creating space for change	General enquiries		https://www.pause.org.uk/

	For general enquiries please email info@pause.org.uk or call 020 3011 1949 – please leave a message and we will get back to you.	
Forward Thinking Birmingham		https://forwardthinkingbirmingha m.nhs.uk/
Corner House Counselling Service		https://www.thehouseonthecorne r.info/house/Counselling.html
The stick team	Screening, Training, Intervention, Consultation and Knowledge Forward Thinking Birmingham Birmingham Women's and Children's Hospital NHS Trust Email: bwc.stickftb@nhs.net	bwc.stickftb@nhs.net
Cherished	Counselling for girls/anxiety	https://www.cherisheduk.org/

- HOPELINEUK confidential and anonymous support for people age under 35, in the U.K., thinking about suicide, or anyone concerned for somebody. Open 9am midnight daily.
- Call 0800 068 4141

- Text: 07860039967
- Email pat@papyrus-uk.org
- Website www.papyrus-uk.org
- HOPELINEUK FAQs https://www.papyrus-uk.org/hopelineuk/hopelineuk-faqs/
- Training information https://www.papyrus-uk.org/education-and-training/
- Volunteering information https://www.papyrus-uk.org/volunteer-for-us/
- Email address to request PAPYRUS marketing admin@papyrus-uk.org
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- Distraction techniques https://www.papyrus-uk.org/wp-content/uploads/2018/10/Distraction-Techniques.pdf
- Coping mechanisms https://www.papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf
- Safety plan https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf
- Hopebook https://www.papyrus-uk.org/wp-content/uploads/2018/10/HOPEBOOK.pdf
- Hopebox https://www.papyrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf

Parenting and Family Support- Family Lives (formerly Parentline Plus)	Support to anyone parenting a child.	Helpline: 0808 800 2222	familylives.org.uk
Samaritans	24 hour helpline Emotional support for anyone feeling down, experiencing distress or struggling to cope	Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA.	24-hour helpline: 116 123 (freephone) jo@samaritans.org samaritans.org

Saneline	Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.		Telephone: 0300 304 7000 (4:30pm-10:30pm)	www.sane.org.uk/what_we_do/support/hel pline
Young Minds	National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.		o20 7089 5050 (general enquiries) o808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)	youngminds.org.uk
Childline	Free 24-hour helpline for children and young people in the UK. ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small		0800 1111	childline.org.uk
Forward Thinking	Young people can drop in during our opening hours to speak to a counsellor/therapist or a youth worker.	21 Digbeth Birmingham B5 6BJ United Kingdom	PhoneTel: 0300 300 0099	Facebook: <u>forwardthinkingbirmingham</u> Twitter: <u>@bhamforward</u>
Sandwell Women's Aid				https://blackcountrywomensaid.co.uk/locations/sandwell/

Additional sites to support with mental health and wellbeing:

- Samh.org .uk Based in Scotland offer support for children and young people
- Contactarmedforces.co.uk a group of charities working with the NHS and MoD
- Thecalmzone.net 0800 585858
- Campaign against living miserably to help young male adults
- Annafreud.org national centre for children and families. The London base can be contacted on 020 7794 2313
- Papyrus-uk.org prevention of young suicide. 0800 0684141
- Studentsagainstdepression.org
- Actionforchildren.org.uk
- www.princes-trust.org.uk
- Stem4.org.uk
- www.childenssociety.org.uk
- www.mental health org.uk
- Mental health foundation 0207803 1101, for mental health and learning difficulties
- Together 02077807300 supporting people through health services
- BACP British Council of Counselling and PSychotherapy 01455 883300
- Lesbian and gay switchboard (London) 020 7837 7324
- www.sane.org.uk
- www.themix.org.uk 0808 808 4994 support for under 25s
- Nshn.co.uk national self harm forum
- Lifesigns.org.uk Life Signs self injury guidance and network support
- Selfharm.co.uk free online self harm support for 14-19 year olds
- HOPELINEUK confidential and anonymous support for people age under 35, in the U.K., thinking about suicide, or anyone concerned for somebody. Open 9am - midnight daily.

- Call 0800 068 4141
- Text: 07860039967
- Email pat@papyrus-uk.org
- Website www.papyrus-uk.org
- HOPELINEUK FAQs https://www.papyrus-uk.org/hopelineuk/hopelineuk-faqs/
- Training information https://www.papyrus-uk.org/education-and-training/
- Volunteering information https://www.papyrus-uk.org/volunteer-for-us/
- Email address to request PAPYRUS marketing admin@papyrus-uk.org
- Distraction techniques https://www.papyrus-uk.org/wp-content/uploads/2018/10/Distraction-Techniques.pdf
- Coping mechanisms https://www.papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf
- Safety plan https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf
- Hopebook https://www.papyrus-uk.org/wp-content/uploads/2018/10/HOPEBOOK.pdf
- Hopebox https://www.papvrus-uk.org/wp-content/uploads/2018/09/HOPEBOX-resource.pdf
- Conversation starters https://www.papyrus-uk.org/wp-content/uploads/2018/09/papyrus conversation starters.pdf

Apps and Tools Wysa Healthymindsonlinecom - for ages 12+

- Inhand.org.uk
- Mindshift CBT app, Canada
- Sam-app.org.uk info@sam-app.org.uk, developed by Bristol University.

If you are worried about a child, contact the Children's Advice and Support Service (CASS):

Monday to Thursday: 8:45am to 5:15pm. Friday: 8:45am to 4:15pm

Telephone: 0121 303 188.

Emergency out-of-hours - Telephone: 0121 675 4806

NHS MENTAL HEALTH & CONDITIONS HELPLINES -https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Mental health services https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/