Mental health and self-care for young people—NHS Website

https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/ or
Google: Mental health and self-care for young people NHS

There's loads of things we can all do to look after our mental wellbeing, and taking any time you can for self-care is massively important, especially now. This site has loads of helpful videos and links for help with: sleep, self-care, social media, dealing with change and much more!

Better Health every mind matters

24/7 mental health support text services across Staffordshire and Stoke-on-Trent

The text services are delivered by Midlands Partnership University NHS Foundation Trust (MPFT) and North Staffordshire Combined Healthcare NHS Trust (NSCHT), commissioned by Staffordshire and Stoke-on-Trent Integrated Care Board (ICB). **Texts are free!**

Individuals can text the following number to receive support for their mental health at any time of the day or night:

07312 263117

Text, Phone & Internet Help

Text "YM" to 85258 to contact the Shout Crisis Text Line
Call 0800 1111 to contact Childline or visit www.childline.org.uk
https://www.themix.org.uk/your-body/sleeping for help with sleep.

ChatHealth

https://chathealth.nhs.uk/

Text your school nurse on 07520 615723 for confidential advice and support.

This service is for young people ages 11 – 19 years with all kinds of issues.

Supports and provides information for transgender and gender-diverse young people (up to and including the age of 19) and their families.

Free webchat service.

Opening times:

9am - 9pm, Monday - Friday

info@mermaidsuk.org.uk

0808 801 0400

85258 - Mermaids to 85258 (free, 24/7 crisis support)

Young Minds—Gender & Mental Health Resources

https://www.youngminds.org.uk/young-person/coping-with-life/gender-and-mental-health/ or

Google: Young Minds Gender Identity and choose the second one down!

Your experiences with your gender may affect your mental health.

For some, this can be a confusing or difficult time, but it doesn't always have to be this way. This site contains resources to help anyone who may be having a difficult time with their gender or need some extra support.

Young Minds Textline

Text YM to 85258

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free!

Texts can be anonymous, butthe volunteer believes you are at Immediate risk of harm, they may share your details with people who can provide support.

Papyrus

Crisis Care Centre—NHS 24/7 Mental Health Crisis Support

0800 032 8728 Option 1

A single point of contact for all Mental Health Crisis for individuals of all ages. This team can give expert support in a crisis situation to anyone needing the support.