

# Are you an adult who is worried about a child or young person's emotional wellbeing or mental health?

These contacts and websites can offer you support and guidance to keep children emotionally well.

## Safeguarding concerns?

Refer into Wiltshire's Multi-Agency Safeguarding Hub 0300 456 0108  
Out of Hours 0845 6070 888  
or Police 999

## Oxford Health NHS Foundation Trust

[www.oxfordhealth.nhs.uk/children-and-young-people](http://www.oxfordhealth.nhs.uk/children-and-young-people)  
Information about local Child and Adolescent Mental Health Services (CAMHS). For advice contact:

Melksham 01865 903777  
Marlborough 01865 904666  
Salisbury 01722 336262

## MindEd

[www.minded.org.uk](http://www.minded.org.uk)

A wealth of resources to give you confidence to help improve a child or young person's emotional wellbeing and mental health.

## NHS Choices

[www.nhs.uk/Livewell/mentalhealth](http://www.nhs.uk/Livewell/mentalhealth)  
For information about mental health conditions and services.

## Young Minds Parents' Helpline

0808 802 5544  
(Monday to Friday, 9:30am to 4pm)  
[www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents)  
E-mail: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

## Head Meds

[www.headmeds.org.uk](http://www.headmeds.org.uk)  
Demystifies medication for mental health.

## Royal College of Psychiatrists

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)  
Information and advice on mental health and links to helpful resources.

## Time to change

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)  
Resources and sources of support for a variety of mental health problems.

[onyourmind.org.uk](http://onyourmind.org.uk)

Information correct as of June 2016



# what's worrying you?

How to cope with your feelings and where to get support

[onyourmind.org.uk](http://onyourmind.org.uk)



# what's worrying you?

These websites can give you information about common mental health problems, how to cope with your feelings and where to get support.

## Youngminds

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Information and signposting to organisations that listen, plus online support.

## NHS Choices

[www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help](http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help)  
An information hub of advice and links.

## The Mix

[www.themix.org.uk](http://www.themix.org.uk)  
Essential support for under 25s.

## ChildLine

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111  
You can find out about anything – no problem is too big or too small.

## Kooth

[www.kooth.com](http://www.kooth.com)  
Real time help with friendly, qualified counsellors.

## Epic Friends

[www.epicfriends.co.uk](http://www.epicfriends.co.uk)  
Helping you help your friends who might be struggling to cope emotionally.

## Doc Ready

[www.docready.org](http://www.docready.org)  
Helping you get ready for the first time you visit a doctor to discuss your mental health.

## Rise Above

[www.riseabove.org.uk](http://www.riseabove.org.uk)  
Interesting and useful stuff to help you to address anything that life throws at you.

## Stonewall Youth

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)  
Supporting young lesbian, gay, bi and trans people.

## Mermaids

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)  
Support with gender identity issues.

## Winston's Wish

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
08452 03 04 05  
Talk and ask questions about bereavement.

## OCD Youth

[www.ocdyouth.org](http://www.ocdyouth.org)  
Things you need to know about Obsessive Compulsive Disorder (OCD).

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)  
0800 068 41 41  
For those with suicidal thoughts.

## Revenge Porn Helpline

[www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk)  
0845 6000 459  
Confidential help for victims who have intimate images of them shared and posted online without their consent.

## Beat

[www.b-eat.co.uk](http://www.b-eat.co.uk)  
0345 634 7650  
Support for anyone affected by eating disorders or difficulties with food, weight and body shape.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)  
08457 90 90 90  
Talk about anything that's troubling you.

## Oxford Health

**NHS Foundation Trust**  
[www.oxfordhealth.nhs.uk/children-and-young-people/young-people/south-west](http://www.oxfordhealth.nhs.uk/children-and-young-people/young-people/south-west)  
Information about Child and Adolescent Mental Health Services (CAMHS) in Wiltshire.

Tell someone about it

Get a good night's sleep

Try to think the issue through

Walk the dog

Take some exercise

Express yourself

Give someone a hug

Get creative

Find time for yourself

Do something you enjoy

[onyourmind.org.uk](http://onyourmind.org.uk)