

**Healthy Mind
Healthy Life**
onyourmind.org.uk

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

MindEd
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.

Young Minds Parents' Helpline
0808 802 5544
(Monday to Friday, 9:30am to 4pm)
www.youngminds.org.uk/for_parents
E-mail: parents@youngminds.org.uk

Royal College of Psychiatrists
www.rcpsych.ac.uk
Information and advice on mental health and links to helpful resources.

Oxford Health NHS Foundation Trust
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

NHS Choices
www.nhs.uk/Livewell/mentalhealth
For information about mental health conditions and services.

Head Meds
www.headmeds.org.uk
Demystifies medication for mental health.

Time to change
www.time-to-change.org.uk
Resources and sources of support for a variety of mental health problems.



Free, safe and anonymous online counselling and support

Feeling lonely
How I feel about me
Feeling stressed or anxious
Being emotionally or physically abused

I feel comfortable knowing that I've got someone to talk to on Kooth.

Chat to our friendly counsellors | Read articles written by young people | Join live moderated forums

kooth
www.kooth.com

Free, safe and anonymous online counselling and support

Tense family relationships
Low self-esteem
Involved in gangs or violence
Being bullied

I don't think I could've spoken to someone face-to-face.

Chat to our friendly counsellors | Read articles written by young people | Join live moderated forums

kooth
www.kooth.com

Free, safe and anonymous online counselling and support

Judging myself
Family relationships
Confusing friendships
Not feeling accepted

It really feels like a weight has lifted.

Chat to our friendly counsellors | Read articles written by young people | Join live moderated forums

kooth
www.kooth.com

Free, safe and anonymous online counselling and support

Unhealthy eating habits
Being bullied
Confusing friendships
Family relationships

Kooth has really helped me take a step in the right direction.

Chat to our friendly counsellors | Read articles written by young people | Join live moderated forums

kooth
www.kooth.com

Supporting Young People in Royal Wootton Bassett, Cricklade and Purton

**Healthy Mind
Healthy Life**
on your mind.org.uk

How to cope with your feelings and where to get support
Visit the NEW website

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
Information and signposting to organisations that listen, plus online support.

NHS Choices
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
Essential support for under 25s.

ChildLine
www.childline.org.uk
0800 1111
You can find out about anything – no problem is too big or too small.

Kooth
www.kooth.com
Real time help with friendly, qualified counsellors.

Epic Friends
www.epicfriends.co.uk
Helping you help your friends who might be struggling to cope emotionally.

Doc Ready
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
Interesting and useful stuff to help you to address anything that life throws at you.

Stonewall Youth
www.youngstonewall.org.uk
Supporting young lesbian, gay, bi and trans people.

Mermaids
www.mermaidsuk.org.uk
Support with gender identity issues.

Winston's Wish
www.winstonswish.org.uk
08452 03 04 05
Talk and ask questions about bereavement.

OCD Youth
www.ocdyouth.org
Things you need to know about Obsessive Compulsive Disorder (OCD).

Papyrus
www.papyrus-uk.org
0800 068 41 41
For those with suicidal thoughts.

Revenge Porn Helpline
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
0345 634 7650
Support for anyone affected by eating disorders or difficulties with food, weight and body shape.

Samaritans
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
Information about Child and Adolescent Mental Health Services (CAMHS) in Wiltshire.

NHS Wiltshire Clinical Commissioning Group



Wiltshire Council
Where everybody matters.

"Someone actually listened to me"



TALK ZONE

At Tinkers Lane Surgery

Young People's Confidential Counselling Service

Are you feeling unhappy, worried or concerned about something at home, school or with friends?
Don't know who to talk to?

Talk Zone is specifically for young people. You can talk in a safe place, with someone who is trained and experienced in working with your issues. Counselling can help you find new ways to deal with problems and support you through difficult times.

For information or to make an appointment, please ring **0300 003 1781**.

Sessions are free for 13-18 year olds; families of children may get help with costs if needed.

Charity No. 1080492

relate mid wiltshire
the relationship people

talkzone service
accredited by baacp

