

ACCESSING MENTAL HEALTH SERVICES AND SELF HELP GUIDES/LINKS

The following is a list of services to support people needing help with mental health issues. In an emergency call 999.

ACCESS SERVICE / CRISIS TEAM:

Urgent NHS Mental Health Helpline Shropshire Telford and Wrekin, FREEPHONE 24/7, 365 days a year for telephone support, advice and triage
Telephone: 0808 196 4501 Email: access.shropshire@mpft.nhs.uk

NHS SELF-HELP GUIDES <https://web.nrw.nhs.uk/selfhelp/>

NHS INFORMATION AND SUPPORT FOR YOUR MENTAL HEALTH

<https://www.nhs.uk/mental-health/>

IAPT IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES

IAPT teams provide a range of recommended, evidence-based talking therapies for people who would like support for their mental health. They offer information, guidance and talking therapies in a variety of different formats including:

Shropshire IAPT Referral form available online. Self-referrals by phone: 0300 123 6020 <http://shropshireiapt.sssft.nhs.uk/>

SHROPSHIRE FAMILY INFORMATION SERVICE An on-line directory featuring local and national organisations and services that exist to support children, young people and families. <http://search3.openobjects.com/kb5/shropshire/fid/home.page>

KOOTH Kooth is an online counselling and emotional well-being platform for **children and young people** in Shropshire & Telford & Wrekin accessible through mobile, tablet and desktop and free at the point of use <https://kooth.com>

BEAM

Children and young people of all ages and their parents can access any of The Children Society's drop-in sessions – BEAM, without an appointment or referral. Here they can talk to an experienced practitioner who will listen to and support them with any challenges facing them regarding emotional health and wellbeing. BEAM also offer several workshops focusing on a specific issues. Information on the location and days BEAM operates can be found [on the Shropshire Family Information Directory](#).

TIME TO CHANGE offers a list of national support networks <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

THE MIX

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, peer to peer and counselling services. Telephone: 0808 808 4994 (11am-11pm, free to call) Email: Helpline email form Website: www.themix.org.uk/get-support

NAPAC (the National Association for People Abused in Childhood) NAPAC offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect. Telephone: 0808 801 0331 from landlines and mobiles – 10am-9pm Mon-Thu & 10am-6pm Fri (Calls will not show on your bill) <https://napac.org.uk>

SAMARITANS Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face. Telephone: 116 123 (24 hours a day, free to call) Email: jo@samaritans.org Website: www.samaritans.org

AXIS COUNSELLING AND ISVA SERVICE

Website: <https://www.axiscounselling.org.uk>

Counselling: Shrewsbury 01743 35777 Telford: 01952 278000

ISVA Service: Shrewsbury 01743 243007 Telford 01952 586790

Taste of Recovery with AXIS is a new online guided self-help programme that you can complete in your own time and your own pace. The programme aims to help you to identify the effects of sexual trauma, to develop coping strategies and to improve your emotional wellbeing. <https://www.axiscounselling.org.uk/taste-of-recovery-with-axis/>

Axis LINK Counselling is a specialist counselling service for family members, parents, carers, partners and loved ones to help people to understand the possible effect of the sexual assault on the victim/survivor, but also to support family members with any difficult feelings that they may be experiencing. Website: <https://www.axiscounselling.org.uk/how-we-help/counselling-3/>

CHILDLINE 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.

Telephone: 0800 1111 Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>

Website: www.childline.org.uk

PAPYRUS UK

Papyrus UK is a charity that offers confidential suicide prevention advice (to people aged under 35) from 9am to midnight every day of the year.

Telephone: 0800 068 4141

Text: 07860 039967 Email: pat@papyrus-uk.org Website: <https://www.papyrus-uk.org/>

PARENTLINE/YOUNGMINDS The Young Minds Parent Helpline provides support and help for parents and carers worried about a child or young person up to the age of 25. Monday to Friday 9.30 to 4pm. Telephone: 0808 802 5544