

Mental Health Support

The Covid-19 crisis has been hard on everyone and the effects of the pandemic are likely to be with us for a long time, whatever our age and however we have found our way through the past year. As we start to move into a different phase, we might all find that our mental health needs some care and attention and a bit of extra help. As a starting point, we have put together the details of just some of the local and national organisations that can offer that help, whether that's for children, young people or adults.

URGENT SUPPORT

If you are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. These thoughts and feelings can be complex, frightening and confusing, but you do not have to struggle alone.

If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away. Or see further NHS advice on dealing with a mental health crisis or emergency.

It's important to know that support is available, even if services seem busy at the moment because of coronavirus.

Websites

These websites offer information which gives immediate support if you need it:

www.nhs.uk/conditions/suicide/

www.nhs.uk/oneyou/every-mind-matters/urgent-support/

<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/>

Telephone and Text Helplines

Many of the organisations listed have helplines you can call for immediate support, some of which are 24 hours. These organisations are **highlighted**.

Please note – some of the organisations listed may offer different services during national lockdowns, and the demand on some services may mean a delay in the time it takes to respond to an enquiry, but they will get back to you. All emergency helplines will be answered.

Children and Young People Support Local Services

Wiltshire Council

Children's Services - Integrated Front Door Service (IFDS)

24-HOUR HELPLINE AVAILABLE

Provides a 24-hour response to concerns for children every day of the year.

0300 456 0108 (Mon-Thurs 8.45am-5pm, 4pm Fri)

0300 456 0100 - Out of hours service

www.wiltshire.gov.uk/article/1433/Children-s-services-who-to-contact



The Rise Trust - Children's Centre Services

Support services for families with children in Corsham and surrounding areas.

01249 463040

www.therisetrust.org



Barnado's On Your Mind - Healthy Minds Wiltshire

HELPLINE AVAILABLE

Helpline which signposts children, young people, and parents/carers in Wiltshire to sources of support for good mental health and emotional wellbeing

01865 903330 (9am-11pm) 01865 901000 (5pm-11pm)

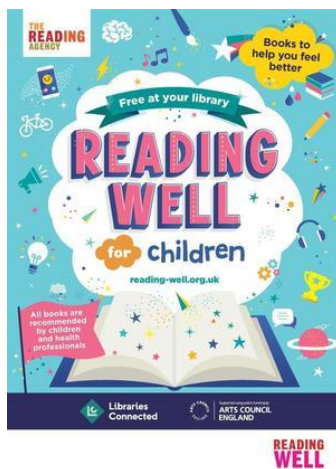
www.onyourmind.org.uk

Wiltshire CAMHS (Child and Adolescent Mental Health Service)

NHS service providing assessment and support for children and young people up to 18 experiencing poor mental health. CAMHS will work with you and your family to identify your difficulties and provide the right help for you.

01865 903777

www.oxfordhealth.nhs.uk/camhs



Reading Well for Children

Provides quality-assured information, stories and advice to support children's mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families and suitable for ages 7 – 11. Ask at your library.

Corsham Library 01249 468490

www.reading-well.org.uk/books/books-on-prescription/children

www.wiltshire.gov.uk/libraries-reading-well

Children and Young People Support National Services



Young Minds

24 HOUR CRISIS TEXT SERVICE AVAILABLE

Mental health support for young people.

Text: YM to 85258

www.youngminds.org.uk

Young Minds Parents Helpline

HELPLINE AVAILABLE

Call the Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

0808 802 5544, 9.30am-4pm, Mon - Fri.

www.youngminds.org.uk/find-help/for-parents/parents-helpline



Childline

24-HOUR HELPLINE AVAILABLE

Childline helps anyone under 19 with any issue. You can talk about anything whether it's something big or small, trained counsellors are there to support you.

0800 1111 (9am-3.30am)

www.childline.org.uk



The Mix

TELEPHONE HELPLINE AVAILABLE + 24-HOUR TEXTLINE

Provides free, confidential support for young people under 25.

0808 808 4994 (7 days a week, 3pm-12am)

Text service - text THEMIX to 85258 (24/7 crisis support)

www.themix.org.uk/get-support



Papyrus

HELPLINE AVAILABLE

Confidential support and advice, through the helpline, for young people struggling with thoughts of suicide, and anyone worried about a young person.

0800 068 4141

www.papyrus-uk.org



Charlie Waller

Information, training and support on mental health for young people, parents, educators, employers, GPs and Practice Nurses.

www.charliewaller.org/



Students Against Depression

A website offering advice, information, guidance and resources to students affected by low mood, depression and suicidal thinking. Alongside information and resources, it presents the experiences, strategies and advice of students themselves.

www.studentsagainstdepression.org



MindUP

A training programme created in response to childhood aggression, anxiety, depression and suicide. Based firmly in neuroscience, MindUP gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.

mindup.org/mindup-for-parents

Adult Mental Health Support

Local Services



Health Improvement Coaches

A free service for adults which supports mental wellbeing by giving practical tools and advice to help behaviour change and improve health. For example, offering support to eat more healthily or reduce alcohol intake to support mental wellbeing. Or practical behaviour change support for low mood, reducing stress or anxiety. Coaches offer one-to-one support for six sessions, by telephone or virtually.

0300 003 4566 (Select Option 1)

Email: health.coaches@wiltshire.gov.uk

Facebook: @WiltshireHealthImprovementHub

<https://www.wiltshire.gov.uk/public-health-improvement-coaches>

Community Connectors

Community Connectors help people find out about their local community and how they can access what's available, including finding voluntary work, socialising, joining a club, further education and training, using community facilities and meeting friends. When found, support is given to access the chosen activity. This is a referral only service. Please see website for details of referring agencies.

01225 718 004

www.wiltshire.gov.uk/local-offer-community-connecting

Avon and Wiltshire 
Mental Health Partnership NHS Trust

NHS Avon and Wiltshire Mental Health Partnership

24-HOUR HELPLINE AVAILABLE

A mental health support service for patients, families and carers worried about their own or someone else's mental health. The telephone response line offers out-of-hours care for people and children in crisis. If you or a loved one feels unsafe, at risk or unable to cope without professional advice, dedicated staff will ensure that you are directed to the team best able to meet your needs.

0300 303 1320 (24 hours, 365 days)

www.awp.nhs.uk/advice-support/24-hour-support



Wiltshire IAPT (Improving Access to Psychological Therapies)

Offer a wide range of support from psycho-educational courses to one-to-one intervention dependent on individual need and preference.

01380 731335

www.iapt-wilts.awp.nhs.uk

READING WELL

Reading Well: Books on Prescription

A collection of books that have been reviewed by mental health professionals and are available in your library.

01249 468490 - Corsham Library

www.reading-well.org.uk

www.wiltshire.gov.uk/libraries-reading-well



Wiltshire MIND

Support for people experiencing mental health problems or emotional distress. Offers counselling and peer support groups for individuals, counselling for young people and mental health awareness and mental health first aid training for professionals and organisations. A low-cost service that enables adults on low incomes and from deprived areas to access support.

01225 706532

www.wiltshiremind.co.uk



Richmond Fellowship

Support for people living with a diagnosed mental health problem or anybody living with mental health problems that impact their ability to engage with their community.

01380 724833

www.richmondfellowship.org.uk/how-we-can-help-new/find-a-service/wiltshire/wiltshire-recovery-social-inclusion

Adult Mental Health Support

National Services



Samaritans

24-HOUR HELPLINE AVAILABLE

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

116 123 (free from any phone - 24 hours, 365 days)

www.samaritans.org



Shout

24-HOUR HELPLINE AVAILABLE

If you're experiencing a personal crisis, are unable to cope and need support, Shout can help with urgent issues such as: suicidal thoughts, abuse or assault, self-harm, bullying, relationship challenges, anxiety and depression.

Text 'SHOUT' to 85258 and a trained volunteer will get back to you. It's free to text from all major UK mobile networks and your messages are confidential and anonymous.

www.giveusashout.org



Mind Infoline

HELPLINE AVAILABLE

The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy.

0300 123 3393

www.mind.org.uk/information-support/helplines



NHS Website Apps

NHS recommended apps to provide support for those with both physical and mental health difficulties.

www.nhs.uk/apps-library



Every Mind Matters

A Public Health England website which gives advice and practical tips to help look after mental health and wellbeing.

Includes easy access to a **Get Your Mind Plan** - answer five quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

www.nhs.uk/oneyou/every-mind-matters



Side by Side – Online Support Community

An online community run by the national charity MIND where you can listen, share and be heard.

www.sidebyside.mind.org.uk



Anxiety UK

HELPLINE AVAILABLE

Help with anxiety, stress, anxiety-based depression or a phobia affecting your daily life.

Helpline: 03444 775 774

www.anxietyuk.org.uk



The Campaign Against Living Miserably

HELPLINE AVAILABLE

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

0800 58 58 58 (5pm- midnight, 365 days a year)

www.thecalmzone.net



Bi Polar UK

Dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of their work.

Phone calls can be booked through the website

www.bipolaruk.org .



Relate

Relate can help you make the most of your couple and family relationships, past, present or future. They can help you even if you're not currently in a relationship.

0300 0030396

www.relate.org.uk



Rethink

Advice and information service offering practical help on a wide range of topics such as the Mental Health Act, community care, welfare benefits, and carers rights. Rethink also offers general information on living with mental illness, medication and care.

0808 801 0525

www.rethink.org/aboutus/what-we-do/advice-and-information



Togetherall

A vibrant online community where members support each other. Access 24 hours a day, 365 days a year with trained professionals available to keep the community safe. Self-assessments, recommended resources and creative tools to help express how you're feeling. Also, a wide range of self-guided courses to do at your own pace.

www.togetherall.com/en-gb/about-us



SANE

HELPLINE AVAILABLE

Offers emotional support and information to anyone affected by mental health problems through their helpline, Textcare and the online Support Forum where people share their feelings and experiences.

07984 967 708

[www.sane.org.uk/what we do/support](http://www.sane.org.uk/what_we_do/support)



Mental Health Foundation

The website has a range of content designed to give you more information about mental health and to help you to look after your own mental health. There are podcasts, videos, inspiring stories and information about getting help if you're struggling.

www.mentalhealth.org.uk



Living Life to the Full

Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Courses are free for individuals using them in their own lives.

lltff.com



Action for Happiness

Resources and motivation for bringing happiness into life!

www.actionforhappiness.org