



Mental Health Support

I want to find some support but I don't want everyone to know. Is there anything I can access myself?

Release the pressure <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure> Text the word **SHOUT** to **85258** for free confidential support at any time. Free expert advice from trained counsellors is available for every mental health concern, including: anxiety, depression, low self-esteem, money worries, relationship troubles, stress and suicidal thoughts. The 24-hour text support service is powered by trusted partners Shout <https://www.giveusashout.org/> and **Crisis Text Line** <https://www.crisistextline.uk/>

What else is available?

KOOTH: this is a service for ages 10 up to 25. It's online mental health support that gives free and confidential advice. There is also the facility to chat with a team member www.kooth.com

KOOTH has an online community where you can remain anonymous but still access online support and counselling. There are different parts to this site: **KOOTH** magazine is full of other people's experiences, written by other young people. There are **KOOTH** discussion boards where you can start or join a conversation on all sorts of topics and issues. There are also tools to help you to help yourself, like keeping an online diary. Another feature is **KOOTH** messenger where you can chat with others, via messages, or even contact a trained counsellor to have a conversation through text messages.

KOOTH will only ask a few questions when you access the site: they DO NOT want your name. They only ask which area you live in (NOT your address); they ask for your age (so that they provide the right support for your age group, not somebody younger or older) and they ask for gender and ethnicity - but you can tick 'prefer not to say' if you'd rather. Then they ask you to create a profile name so that you can remain anonymous. That's it - all done.

What if I decide I'd like to speak to someone - but someone who doesn't know me?

Try **The Mix:** Essential support for under 25s. Here you can visit their discussion boards, use their Support Groups and speak to their trained team www.themix.org.uk Their trained team provides help for young people aged 11-25. **The Mix** isn't just about young people and mental health, they also provide support for relationship issues, working life, school life, housing, depression and any other issues all year round. Sign up for free counselling online or text their 24/7 crisis line.

There's also **Childline - 0800 1111** which is a free line to speak to a counsellor, or you can access online support to message a counsellor, or email them. There is a wealth of material on their website that's worth looking at as well: www.childline.org.uk/get-support/contacting-childline/

I think I'd rather just read some material in my own time. I don't think I want to talk to anyone; I just want to know where to get information. Where do I go for that?

Have a look at **Every Mind Matters Mental health and self-care for young people**

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

There are 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. Knowing what steps, we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too. Check out the videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media. You will also find links to more support for specific groups of people who may be finding things tough, have additional needs, or are facing a specific issue.

There are also links to other support sites, like **Young Minds:**

<https://www.youngminds.org.uk/young-person/> Whether you want to understand more about how you're feeling, get information about a mental health condition or find support, our guides can help. If you need help speaking to someone, start with our guide to reaching out for help.

What about if I have questions about my sexual orientation or gender identity?

Have a look at the support offered by **Be You:** <https://thebeyouproject.co.uk/>

They have guides on Coming Out, Sex and Sexual Health, Staying Safe. They also have information for parents, carers and friends, plus a resources section as well.

What if I have health questions that I want advice on but don't want to go to my doctor?

ChatHealth <https://chathealth.nhs.uk/> provides confidential help and advice. It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area. **Advice for Teens in Kent**

- Organisation: Kent Community Health NHS Trust

- Service: Kent School Health Service

- For: Young people aged 11-19

- Response time: Within 24 hours, 9am to 5pm Monday to Friday (except bank holidays)

07520 618850

What about resources for parents and carers so they can help me?

There are lots of places parents and carers can access help for you. Most of the websites and services mentioned in this guide all have a section or tab on their sites for parents as well.

Kent Resilience Hub has a wealth of links to a range of different providers and services that you may find useful as a starting point: <https://kentresiliencehub.org.uk/schools/services-for-young-people/>

If you are feeling incredibly depressed or suicidal then start with a visit to your **GP or call NHS 111**. Your doctor may refer you to **CAMHS (Child and adolescent mental health services)**, which is a service to support children and adolescents' access mental health support.

If you are in immediate danger, parents and carers should call 999 or go straight to A&E.

Another option for parents and carers is to contact the **Single Point of Access (SPA)** on **0800 011 3474**. This line is supported Monday-Friday, 8am - 6pm. Staff will listen and talk through the support available to parents, carers and to students.

A telephone consultation will signpost two options: either emotional wellbeing support or mental health support. This SPA can also provide the Young People's Counselling Service for youths up to 19 who are struggling with their emotional health:

<https://family.kentcht.nhs.uk/support/emotional-health-and-wellbeing/supporting-your-childs-emotional-wellbeing/>

SPA can also be accessed online:

www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health

www.kentcht.nhs.uk/school-health (counselling)

There are some excellent resources on sites like: **YoungMinds**

<https://www.youngminds.org.uk/parent/> which has a parents and carers helpline: 0808 802 5544 (Mon-Fri, 9:30am-4pm, free for mobiles and landlines)

The **Anna Freud Centre for Children and Families** has a series of podcasts on a range of issues as a wave of support, alongside other material and resources:

www.annafreud.org/parents-and-carers/child-in-mind/

Kent Resilience Hub also has a designated section for parents and carers wanting more help or advice: <https://kentresiliencehub.org.uk/>

What help is available in school?

You can speak to your **form tutor, your Head of Year or your Key Stage Lead**. If you don't want to do that, you can make contact with the wellbeing team by emailing:

wellbeing@bordengrammar.kent.sch.uk and your message will be picked up by only four members of staff. One of them will then discreetly come and find you to have a chat about your concerns and offer you some help.

Borden has a **School Welfare Officer** who can see you for weekly or fortnightly sessions to support you over a period of time. Borden also has a teacher who runs sessions on resilience on a one-to-one basis and this give you strategies to help you deal with stress, anxiety and depression. Again, these sessions are run discreetly so not everyone will know you are accessing help and support.

I'm off to college or university soon - what happens if I need some support and I'm away from home and friends?

Remember, a lot of the support in this leaflet is available up to the age of 19 and some offer support up to the age of 25 [The Mix](#) or for any age [Release the Pressure](#)

There is some specific support for students at university: www.studentminds.org.uk

And by texting **SHOUT** to **85258**, you can access free, confidential and anonymous support.

What about help and advice around sexual health?

www.brook.org.uk - Free and confidential sexual health and wellbeing experts, as well as links to other support (medical advice, emotional support and mental health, domestic abuse and sexual violence).

What about support to prevent self-harm?

www.selfinjurysupport.org.uk - This website has a range of support, including for friends and parents and carers. Helpline: 0808 800 8088 which offers free, confidential and non-judgemental support. Text support: 07537 432 444 and they will reply during their opening hours, Monday and Thursday, 7-10pm

There is also: **We are With You - Mind and Body in Kent** which supports students aged 13-25 who are self-harming, or at risk of self-harming. They can be contacted on:

<https://www.wearewithyou.org.uk/local-hubs/kent> They have an online referral form, they have an online chat function or you can telephone them on: 01795 500881 (Opening hours: Monday to Friday, 9am to 5pm).

What if I am having suicidal thoughts and am feeling desperate? Or what if I need advice to support my friend?

Call **Samaritans**: 116 123 (24-hour helpline), free of charge from mobile or landline

CALM (Campaign Against Living Miserably) help and support for young men aged 15-35 Helpline: 0800 585858 It's open from 5pm - midnight every day) www.thecalmzone.net

Papyrus: Prevention of Young Suicide - www.papyrus-uk.org

Helpline number: HopeLine UK - 0800 068 4141

What if I need help around a sexual incident, or sexual violence?

Contact an **ISVA (Independent Sexual Violence Advisors)** for counselling, therapeutic interventions and practical support. They will support survivors of sexual violence, both recent and historic. <https://survivorsnetwork.org.uk/get-help/isva-service/>

This is a specialist student ISVA service to support those in education: 01227 826 900

What if I need help and support around my eating?

Contact **BEAT** which is an organisation that supports young people, and their families and friends, when help or advice is needed around eating disorders.

www.beateatingdisorders.org.uk/

There is also the **All Age Eating Disorders Service for Kent and Medway** which is a specialist service who will work with young people and their families. Their website for more information is: www.nelft.nhs.uk/services-kent-medway-eating-disorders

To contact the service, you can call the team on 0300 300 1980 or email them on:

KentandMedwayEatingDisordersService@nelft.nhs.uk

I would like support as I am struggling after a bereavement - where do I look for help?

There are a number of bereavement support services available - locally, there is '**Holding On, Letting Go**' and this is their website: <https://holg.org.uk/> or by telephone: 03445 611 511

There is also **CHUMS - Kent and Medway Specialist Bereavement Support Service** and they can be found on: <https://chums.uk.com/kent-bereavement-service/>

The organisation, **Grief Encounter**, also have a helpline that is open 9.30am - 3pm on weekdays and can be accessed by telephoning 0808 802 0111. They also offer an instant webchat service and can be emailed at: <https://www.griefencounter.org.uk/>