

Local mental health support for young people

In Herefordshire and Worcestershire



I feel okay.

Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy. Looking after yourself when you feel okay can also lower the risk of worse mental health when things may go wrong.

Community Services

A list of local community groups and services. They offer information, advice, and tools on a range of feelings including loneliness and isolation or money worries.

Worcestershire –

Here2Help: [SearchForHelp](http://www.worcestershire.gov.uk/SearchForHelp) (www.worcestershire.gov.uk)

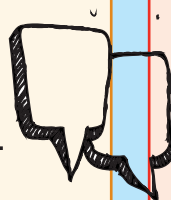
Herefordshire –

Talk Community: www.talkcommunitydirectory.org



I'm struggling and need some help.

Talk to someone you trust such as a teacher or family about how you feel.



Kooth Free, safe and anonymous support for your mental wellbeing including live chat and online discussion boards. www.kooth.com

Visit the CAMHS website

Access to self-help guides, advice and a range of local support. www.camhs.hacw.nhs.uk

Visit your GP

Practice Team To discuss the best options for you, including access to specialist services.



I have thoughts of hurting myself or someone else and need help quickly.

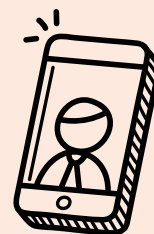
Call the free local NHS urgent mental health helpline:

0808 196 9127

If you need to speak to someone quickly (24 hours a day 365 days a year). The number is for all ages.

Call 999

For free, if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



Other people who can help you

- Young Minds:** Text YM to 85258 anytime for free support
- Childline** free phone: 0800 1111
- Papyrus** suicide prevention helpline: 0800 068 4141



You can also scan this QR code to access an online version in your own time.