Mental Health Support Teams in Schools

NHS Leicestershire Partnership NHS Trust

Useful websites & services

Health for Kids is an online NHS service providing information on health and wellbeing. It covers lots of different topics including feelings, sleep and coping with change. It has a section for grown ups too.
www.healthforkids.co.uk (for a primary school audience)

Health for Teens is an online service provided by the NHS that provides information on health and wellbeing. It covers lots of different topics, providing clinical advice on topics including mental health conditions and growing up.
www.healthforteens.co.uk (for a secondary school audience)

LPT mental health for children and young people is a page hosting a range of support for mental health and overall wellbeing available for local young people.
lptnhs.com/YoungPeopleMentalHealthSupport

LPT mental health for parents is a an overview of the parenting, health and wellbeing help and support available for parents and carers of local children and young people
lptnhs.com/SupportForParents

Young Minds is a mental health charity for younger people. Their website has guides to mental health conditions, medication and loads of useful resources. You can also text YM to 85258.
www.youngminds.org.uk (for all children and young people)

Chat Health is a confidential text messaging service for advice from public health nurse (available Monday- Friday)
07520 615381 if you live in the city (for ages 0-19)
07520 615382 fif you live in the county or Rutland (for ages 0-11)
www.chathealth.nhs.uk

You can also visit the NHS urgent health help website by scanning the QR code on the left on visiting the link here

www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/

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Tellmi is an online, safe and anonymous space for young people to discuss their feelings and receive counselling when necessary. It is available 365 days a year.
www.tellmi.help/what-is-tellmi (for ages 11-18)

Childline is a service that listens to children. You can call them on **0800 1111**
www.childline.org.uk (for any age)

The Mix offers online counselling and has a crisis messenger for young people. You can access this on their website or ring for free on 0808 808 4994.
www.themix.org.uk (for ages 13-25)

Calm Harm is a free app you can download that provides some immediate activities and techniques to help you break the cycle of self-harm. **www.calmharm.co.uk** (for 11+)

The distrACT app provides easy and discreet links to support and resources for those who self- harm or feel suicidal and those supporting them. (for age 11+) Download from your app store.



If you need urgent mental health support, 24/7 support is available over the phone. Call **NHS 111**, selecting mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential.

You can also text 0748 063 5199 and we will aim to get back to you within 12 hours. If there is an immediate threat to life, dial 999.

If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service: **www.signvideo.co.uk/nhs111**
https://111.nhs.uk/