

Mental Health & Wellbeing Help for Young People & Families

Mindline Somerset
Emotional support helpline
Coronavirus



01823 276 892

Open 24 hours a day, 7 days a week

Open **24 hours a day, seven-days a week**, Mindline is open to people of all ages who need urgent mental health support. The helpline is the first port of call for mental health help – it is operated by people in your local area who will know how best to support you.



Parents of children 0-4:
Confidential help from the
Health Visiting Team **Just send
a text 07480 635514**

ChatHealth is a mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice.

Monday-Friday 9am - 5pm.

Parents of children 5-19 years: looking for confidential help and advice? Just send a text to your School Nurse Team. **Text 07480 635515**

Young People 11-19 years: Discreet and quick, it only takes one text to start making a difference. You'll get confidential advice from a local School Nurse. You don't have to give your name if you don't want to. **Text 07480 635516**



Young Somerset's Wellbeing Service - Free wellbeing support for young people experiencing low level mental health needs. Find out more here: www.youngsomerset.org.uk/wellbeing-support

Somerset Big Tent brings together local organisation that offer support to children and families [Somerset Big Tent](#)

They also run weekly virtual hubs for young people and parents: [Virtual Hubs Archive - Somerset Big Tent](#)



Kooth – Safe and anonymous online support for young people **until 10pm** – friendly counsellors, self-help and community support.
kooth.com

**EVERY MIND
MATTERS**

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing. [Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Somerset Child and Adolescent Mental Health Service (CAMHS) webpages

We offer a variety of teams and services for young people aged 0–18 years old who are struggling with their mental health.

[Somerset CAMHS - CAMHS - Somerset NHS Foundation Trust \(somerseft.nhs.uk\)](#)

NHS Mental Health Apps



[distrACT app - NHS \(www.nhs.uk\)](#)

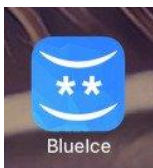
The distrACT app gives you easy, quick and discreet access to information and advice about [self-harm](#) and [suicidal thoughts](#).

The content has been created by doctors and experts in self-harming and suicide prevention.



[Calm Harm app - NHS \(www.nhs.uk\)](#)

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



[BlueIce app - NHS \(www.nhs.uk\)](#)

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#). It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

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- ❖ For further Health & Wellbeing tips, advice & information including self-help support for parents and carers go to the Public Health website: www.cypsomersethealth.org
 - ❖ For further information & support for young people go to: www.youngsomerset.org.uk/coronavirus-support-for-young-people