



SHEBBEAR COLLEGE

PUPIL SUPPORT SERVICES

PAPYRUS Prevention of Young Suicide

For confidential suicide prevention advice, contact HOPELINEUK on 0800 068 4141 if you or someone you know is thinking about suicide.

<https://www.papyrus-uk.org/>

The Samaritans

Call 116 123 for free. Samaritans work to make sure there's always someone there for anyone who needs someone.

<https://www.samaritans.org/>

Shout 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org/>

Childline

Call 0800 1111 for free, confidential support at any time, day or night. Childline is there to help anyone under 19 in the UK with any issue they're going through, big or small.

<https://www.childline.org.uk/>

Young Minds Parent Helpline

Call 0808 802 5544 for free. If you are concerned about a child or young person's mental health, you can get free, confidential advice via phone, email or webchat from the Young Minds Parent Helpline.

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Every Mind Matters

For help and advice about mental health from the NHS.

https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&qclid=EAlaIqobChMImKbqv9C37wIVeIBQBh30swzOEAAAYASAAEqJGC_D_BwE&qclsrc=aw.ds

Action for Children

Has lots of tips to help spot signs of mental health issues in children and advice on the action that can be taken to help.

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/>

Barnardos, See, Hear, Respond Hub

A dedicated service to help children, young people and their families or carers with problems caused by the coronavirus outbreak.

<https://www.barnardos.org.uk/see-hear-respond-support-hub>

Place2Be

Telephone: 0207 923 5500 Email: enquiries@place2be.org.uk Offers a range of counselling support for young people in schools helping them to cope with wide ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

www.place2be.org.uk

NHS Children and Young People's Mental Health Services

Parents, carers and young people can receive direct support through NHS CYPMHS also known as CYPMHS (sometimes referred to as CAMHS).

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/children-young-people-mental-health-services-cypmhs/>

NHS Urgent Mental Health Helplines

NHS urgent mental health helplines are for people of all ages.

You can call for:

- 24 hour advice and support – for you, your child, your parent or someone you care for
- Help to speak to a mental health professional
- An assessment to help decide on the best course of care

<https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/where-to-get-urgent-help-for-mental-health/>

Mind

Provide advice and support to empower anyone experiencing a mental health problem.

<https://www.mind.org.uk/>

MindEd for Families

A resource for all adults to increase awareness and understanding about the mental health of children, young people and older adults. It includes free e-learning sessions for all those working with CYP (incl. ED sessions).

<https://mindedforfamilies.org.uk/>

Hub of Hope

Mental health support network provided by Chasing the Stigma.

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

<https://hubofhope.co.uk/>

Crisis Tools

Unique, co-produced learning guides to increase knowledge and confidence for anyone supporting young people in a mental health crisis.

Crisis Tools is relevant to anyone who may find themselves supporting a young person in crisis including parents, carers and professionals.

<https://crisistools.org.uk/>

National Bullying Helpline

Available from 9am to 5pm Monday to Friday on 0300 323 0169.

Provides help for anyone dealing with bullying, whether in school, in the workplace or online.

<https://www.nationalbullyinghelpline.co.uk/>

Mental Health Crisis Cornwall

For additional mental health support, please see the attached link to Mental Health Crisis Cornwall, which is a portal for help and advice for both adults and under 19s, with a range of resources and coping tools.

Mental Health Crisis Cornwall also offers a free 24/7 service to listen and determine how to best help if you, or someone you know, in crisis and need someone to talk to.

<https://www.cornwallft.nhs.uk/mental-health-crisis-cornwall>

Action for Children & Kernow Connect

Offering parents/carers a new online support from Silver Cloud: Digital Mental Health Platform, called "Supporting An Anxious Teen".

This is an online intervention based on Cognitive Behavioural Therapy. The programme aims to help parents and carers of teenagers (aged 12 – 18) who are looking to support their young person in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

To sign up to this self-led course please click on the link below and click on the 'select a programme' button then choose the 'Supporting an anxious teen' option. You will then be guided through the programme.

<https://kernowconnect.silvercloudhealth.com/signup/>

Black Women's Health and Family Support (BWAFS)

Provides support on black women's health issues, English as a second language and black youth groups.

www.bwhafs.com

Muslim Youth Helpline

Telephone: 0808 808 2008 (weekdays 6pm – 12am, weekends 12pm – 12am) Text: 07860 022 811 Email: help @myh.org.uk Internet chat available through website. Offers support to young Muslims in distress.

www.myh.org.uk

Rethink Mental Illness

Telephone: 0300 5000 927 (Weekdays 9:30am – 4pm) Email: info@rethink.org / advice@rethink.org National mental health membership charity working to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support.

www.rethink.org

Stonewall

Telephone: 020 7593 1850 (Weekdays 9.30am – 5.30pm) Email: info@stonewall.org.uk Resources, research, education and advice on issues affecting the lesbian, gay, bi, and trans community.

www.stonewall.org.uk

Switchboard

switchboard.lgbt Telephone: 0300 330 0630 (any time) Email: chris@switchboard.lgbt An LGBT group offering confidential support and information.

Time to Change

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

www.time-to-change.org.uk

Helpful Resources & Information

NHS Guidance: www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm

The Mix: www.themix.org.uk

Young Minds: www.youngminds.org.uk

e-wellbeing: www.e-wellbeing.co.uk/sh-resources

Talk to Frank: www.talktofrank.com

ChildLine: www.childline.org.uk

Switchboard: www.switchboard.org.uk

BEAT Eating Disorders: www.beateatingdisorders.org.uk

Harmless:

A-user led organisation that provides a range of services about self-harm and suicide prevention.

<https://harmless.org.uk/>

Selfharm UK:

Dedicated to self-harm recovery, insight and support.

<https://www.selfharm.co.uk/>

For those bereaved by suicide, or any other type of death, the following is a list of places where help can be accessed:

Bereavement services

SOBS (Survivors of Bereavement by Suicide)

Helpline: Call 0300 111 5065 between 9am and 9pm, Monday to Sunday.

Email: email.support@uksobs.org

Exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

<https://uksobs.org/>

Support After Suicide

Finding support isn't always easy. Support after suicide has partnered with AtaLoss.org to help you to find your nearest suicide bereavement support.

The Support After Suicide Partnership is a UK wide network of over 70 members and supporters. The partnership brings together national and local organisations that are involved in delivering suicide bereavement support across the UK and addresses the need for formal, multi-agency, proactive suicide bereavement support.

<https://supportaftersuicide.org.uk/find-local-support/>

Child Bereavement UK

Helpline: Call 0800 02 888 40 between 9am and 5pm, Monday to Friday.

Email: support@childbereavementuk.org

Help children and young people (up to age 25), parents and families, to rebuild their lives when a child grieves or when a child dies. Also provide training to professionals, equipping them to provide the best possible care to bereaved families.

<https://www.childbereavementuk.org/>

Winston's Wish

Freephone helpline: 08088 020 021 Provides specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

www.winstonswish.org.uk

CRUSE Bereavement Care

Helpline: Call 0808 808 1677 between 9am and 9pm, Monday to Friday.

Email: helpline@cruse.org.uk

Have specialist bereavement experts with experience of all types of loss, can offer support however and whenever the death occurred.

<https://www.cruse.org.uk/>

The Compassionate Friends

Helpline: Call 0345 123 2304

Email: helpline@tcf.org.uk

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

<https://www.tcf.org.uk/>

Childhood Bereavement Network

A hub for those working with bereaved children, young people and their families across the UK.

<https://childhoodbereavementnetwork.org.uk/>