

## USEFUL WEBSITES, HELPLINES AND RESOURCES

Currently people are being asked not go to their GP or to A&E. If medical attention is required. Then phone your GP surgery, or the North Wales Out of Hours GP Service on 0300 123 55 66.

Follow government advice regarding how to manage symptoms and when to seek medical advice.

The logo for Samaritans, featuring the word "SAMARITANS" in a bold, green, sans-serif font.

### **Samaritans**

Offers free 24 hours, 365 days per year support to all.

**Tel: 0845 790 9090 / 116 123**

**Website: [www.samaritans.org](http://www.samaritans.org)**

The logo for Papyrus, featuring a stylized purple umbrella icon to the left of the word "PAPYRUS" in a purple, sans-serif font, with the tagline "prevention of young suicide" in a smaller, purple font below it.

**HOPELineUK 0800 068 41 41**

### **Papyrus**

Papyrus HOPElineUK provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person:

**Tel: 0800 068 41 41**

**Website: [www.papyrus.org.uk](http://www.papyrus.org.uk)**



### **Rethink Mental Illness**

This websites offers advice and information –They have useful factsheets that can be downloaded. They offer general advice with regards to mental health.

**Tel: 0300 5000 927**

**Website: [www.rethink.org](http://www.rethink.org)**



### **Mind**

Mind has many available resources, help and advice detailed on the website for young people, parents and professionals. They have a helpline, text services and online chat with advisors.

**Helpline: 0845 766 0163**

**Text: 86463**

**Website: [www.mind.org.uk](http://www.mind.org.uk)**

The logo for NSPCC, featuring the letters "NSPCC" in a bold, green, sans-serif font.

### **NSPCC**

The national society for the prevention of cruelty to children.

The website provides information on the services that they run and which are currently run in your local area. They also have a helpline

**Tel: 0808 800 5000**

**Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)**



### **The Mix**

Support service for young people and any difficulties or worries they may be experiencing.

**Helpline: 0808 808 4994**

**Crisis Messenger: 85258**

**Website: [www.themix.org.uk](http://www.themix.org.uk)**



### **Young Minds**

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to start the text.

**Text: [85258](text:85258)**



### **C.A.L.L. Community Advice and Listening Line**

Offers emotional support and information/literature on Mental Health and related matters to people of Wales.

Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service

**Tel: 0800 132 737**

**Text: 60062**

**Website: [www.callhelpline.org.uk](http://www.callhelpline.org.uk)**



### **SAM**

This is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

*Free*



### **Catch it**

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

*Free*



### **MindShift**

This app will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: making sleep count, riding out intense emotions, test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, conflict. *Free*

## Useful Websites

[www.mind.org.uk](http://www.mind.org.uk) has information regarding mental health.

Specific information relating to mental wellbeing and COVID-19 can be found at [www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/) . This page also contains information about looking after yourself and family members.

[www.youngminds.org.uk](http://www.youngminds.org.uk) - This site contains information on mental health and tips for young people and their carers.

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) – A website with lots of ideas on how to cope in distress

[www.bullying.co.uk](http://www.bullying.co.uk) – Information and support about bullying

[www.papyrus-uk.org](http://www.papyrus-uk.org) – UK charity for the prevention of young suicide (support for young people and parents/carers).

[www.nshn.co.uk](http://www.nshn.co.uk) – National Self Harm Network – resources, advice, support forum