

SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH

Head First Ltd is a training company and does not, therefore, provide direct support to individual young people for their Mental Health needs. Listed below are some organisations who may be able to support if a young person needs immediate support for their mental health needs.



If a young person is feeling suicidal, or thinking of hurting themselves or others
Call 999
Go directly to A & E

1

SEE YOUR GP

If you've noticed changes in the way you are thinking or feeling over the past few weeks or months that concern you and cause you distress, you should consider going to see your GP.

2

NHS 111 PHONE/ONLINE SERVICE

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

3

SAMARITANS

(24/7 service)
TEL: 116 123

4

CHILDLINE

(24/7 service)
Tel: 0800 11 11
Web: <https://www.childline.org.uk/get-support/contacting-childline/>

5

YOUNG MINDS CRISIS TEXT SERVICE

Text: YM to 85258 (24/7 service)
<https://youngminds.org.uk/find-help/get-urgent-help/>
Parent Helpline (Mon-Fri 9.30 am – 4pm)
0808 802 5544

6

HELPLINE LIST FROM THE NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

7

MIND

<https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/useful-contacts/#.XH0beHd2vml>

8

ANNA FREUD

NATIONAL CENTRE FOR CHILDREN & FAMILIES – ACTIVITIES TO HELP SELF-CARE SKILLS IN YOUNG PEOPLE.
<https://www.annafreud.org/on-my-mind/self-care/>