

MENTAL HEALTH SUPPORT



If you have a concern/worry, you can always speak to a member of staff or **email** studentwellbeing@preston-manor.com. Other services available to our student include:



Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

Visit their website:
www.youngminds.org.uk



Clear Fear an app developed for teenage mental health charity stem4 and focuses on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.



Samaritans 24/7 365 days a year - they are here to listen and provide support.

Call: 116 123 or email: jo@samaritans.org



Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps.



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide. Anyone worried about a young person should **call:** 0800 068 41 41 or **text:** 07860 039 967 (9am - midnight 365 days a year).



The Mix provides free, confidential support for young people under 25.

Call: 0808 808 4994 (11am-11pm, 7 days a week).



Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal and magazine.



Shout offers confidential 24/7 crisis text support for times when immediate assistance is required.

Text "SHOUT" to 85258



Childline confidential telephone counselling service for any child with a problem.

Call: 0800 1111 anytime or chat with a counsellor online.