

# Children and Young People's Mental Health Support

## Local Mental Health services

### Somerset Mindline

Distressed? Anxious? Feeling overwhelmed? You are not alone. Somerset Mindline believes that nobody should have to face a mental health problem on their own.

They are there to listen and support you 24 hours a day, 7 days a week on 01823 276 892.

### Mind in Somerset

Youth matters peer support groups are now running in person and online. They are free and informal and give you the chance to meet other young people who may be experiencing similar issues in a safe, friendly and non-judgmental environment and allow you to both give and receive support to each other.

01935 474875 | 01823 334906 | 01278 421190; info@mindinsomerset.org.uk

Youth Matters Listening service - is a confidential listening service not a counselling service but their youth workers allow you to talk about your feelings and experiences and anything else on your mind.

### Young Somerset

Emotional wellbeing and mental health support delivered in partnership with the NHS, offering much-needed help to young people aged 5-18 with things like low-mood, anxiety and stress. Their specialist practitioners work in both community and education contexts.

Email: wellbeing@youngsomerset.org.uk

### Kooth

Free, safe and anonymous online mental health support and counselling for children and young people (up to the age of 19.) Referrals onwards to local services as appropriate.

### Somerset and Wessex Eating Disorders Association

SWEDA provide support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions. Services include counselling and a monthly Self-help Support Group.

Phone: 01749 34 33 44 Email: support@swedauk.org

### Chat Health

Chat Health is a new initiative which was launched in June 2020. This is a nationally recognised, secure and confidential text messaging for young people. It allows them to access health care professionals easily and anonymously for advice and support. The service is also available for parents on a separate line.

Chat Health is managed by School Nurses.

Young People (11-19 years) can text: 07480 635 516

Parents of children aged 5-19 years can text: 07840 635 515

Professionals and parents can also contact them directly via their team email mendipSN@somerset.gov.uk or call and leave a message on 0300 7909852.

Follow them on [Facebook](#) and [Instagram](#).

## National Support Services

### Young Minds

National source of support and information on mental health for young people.

### Samaritans

The Samaritans offer a safe place for people to talk at any time they like, in whatever way suits them best and about whatever is getting to them.

It's free to call them on 116 123 or you can talk to them [online](#).

### Childline

Under 19 year olds. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

Phone: 0800 1111

### FRANK

Advice and Support for Drugs

### NSPCC Abuse prevention

Childline counsellors are there for young people 24 hours a day, every day of the year.

Talking to Childline can be the first step that gets a child's life back on track. And young people can get help and support with any issue they're going through, no matter how big or small.

Phone: 8001111

### Papyrus

Papyrus is the national charity for the prevention of young suicide, delivering awareness and prevention training, provide confidential support and suicide intervention through HOPELineUK

Phone: 0800 068 41 41

### Winston's Wish

Winston's Wish provides professional therapeutic support to support such bereavement in a range of circumstances, including individual, group and residential settings. Help is available in schools, in person, online and over the phone.

Phone: 08088 020 021

### Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

Text 'SHOUT' to 85258

More information can be found on the Frome Town Council website's [Young People and Mental Health page](#).