

# Signposting Support



There are lots of times in life we might need to access support.

If you have a problem or are feeling low, you may turn to a friend or family member.

You can also get help in school—talk to your form tutor, Head of House or any trusted adult.

## Mental Health Support



Kooth is a free online service offering emotional and mental health support for children & young people

[KOOOTH.COM](https://www.kooth.com)



Young Minds offers loads of practical tips and advice from young people just like you, as well as information on getting the support you need.

[YOUNGMINDS.ORG](https://www.youngminds.org)

## Support for Children and Young People



Samaritans provides emotional support to anyone in emotional distress, struggling to cope

**CALL 116 123**



The Mix is a free, confidential and anonymous service and can be accessed wherever young people are via their website, over the phone or via social media.

[THEMIX.ORG.UK](https://www.themix.org.uk)

**0808 808 4994**



Childline is a counselling service for children and young people up to their 19th birthday

**CALL 0800 1111**

## Support in Warwickshire



Children & Family Support Services have Family support workers available to listen, support and offer advice and guidance to families

**CALL 01926 412412**



Compass provides health and wellbeing services for children, young people and their families.

[COMPASS-UK.ORG](https://www.compass-uk.org)

## LGBTQ+ Support



Stonewall offer support for LGBTQ+ people everywhere.

[STONEWALL.ORG.UK](https://www.stonewall.org.uk)



# Signposting Support — APPS



**Think Ninja** - When you open the app you'll meet Wise Ninja, your personal guide to help you learn about mental health, emotional well-being and resilience. (Ages 11-17)



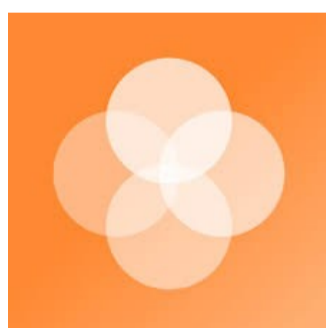
**Clear Fear** - Did you know anxiety is fear based? Clear Fear is full of practical techniques to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. (Ages 11-19)



**MindShift CBT** - Covering a wide range of difficulties that teens and young adults might face, MindShift CBT helps you challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful and relax.



**Stay Alive** - This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Provides area specific support.



**Grief Works - Self Love & Care** - Online Grief Therapy for Mental Health and Well Being Support. The Grief Works app was created to help you navigate your grief after the death of a loved one, soothe your pain and build your strength over time.



**Combined Minds**- helps families and friends support young people with their mental health. A 'Strength-Based' approach works both ways, also helping families and friends to search for their own strengths.

If you need urgent mental health support and advice:  
Call NHS 111 for physical or mental health emergencies (available 24/7)  
Samaritans: call 116 123 (available 24/7)  
SHOUT85258: text 'SHOUT' to 85258 (available 24/7)  
Always dial 999 in an emergency or, to contact the Police in a non-emergency, use 101.

