

Support and Mental Wellbeing

CHAT HEALTH

The School Nursing Services are offering a confidential texting service for 11-19 year olds where they can text a school nurse about any health worry they may have.

This is available Monday-Friday 9-4.30pm and they aim to respond in the same working day.

They have helped a lot of young people with managing their emotional health and wellbeing such as worries, anxiety, stress as well as sexual health and physical health issues.

For confidential, friendly and helpful advice, text... 07507 333 351

Mental Health Support Available in Gloucestershire

It is normal for children and young people to feel stressed or anxious at the moment.

We've all experienced sudden changes in our routines and are living with uncertainty.

For some young people, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with. How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress.

If you think a child or young person would benefit from more support, there is a range of help available, and most services do not need a referral.

Kooth for 11 to 18-year olds [see below for more details on this new service]

An online support platform where young people can access free anonymous counselling, join friendly discussion boards, keep online journals, goal trackers, and read self-help articles with the option to contribute their own experiences or advice.

- Visit www.kooth.com

- Online platform available 24 hours a day. Counselling available 12.00pm to 10.00pm Monday to Friday, and 6pm to 10pm at weekends.

TIC+ for 9 to 21-year olds

Phone, text or online counselling for young people. A parent support and advice line is also available online.

- Call 01594 372777, text 07520 634063 or visit www.ticplus.org.uk.

- Available hours vary. Check here <https://ticplus.org.uk/contact>

Young Minds for all ages

The children and young people's mental health charity, Young Minds has lots of resources, advice and toolkits for young people and professionals, and a parents' helpline.

- Call 0808 802 5544 or visit www.youngminds.org.uk

- Available Monday to Friday from 9.30am to 4.00pm

Parenting Support Line

A free confidential advice line providing guidance and emotional support on any aspect of parenting and family life.

- Call 0800 542 02 02, email familyinfo@gloucestershire.gov.uk, or message on Facebook.

- Available Monday to Friday 9.00am to 8.00pm and Saturday 10.00am to 6.00pm

CAMHS helpline for parents concerned about their child's mental health 01452 894300

Parent helpline being run by **Family Information Service** 0800 5420202