



Royal Manchester Children's Hospital Paediatric Emergency Department

Information for Patients and Carers

Mental Health and Wellbeing

Getting help can be hard, but we want to make it easier. This leaflet has some useful information and links to resources to support you or your child's mental health and wellbeing.

For immediate help:

If you or someone you know is in immediate danger please call **999** or **find your nearest A&E**.

For urgent but non-emergency advice:

Speak to your GP: If you are concerned about your mental health, your GP is always a good first person to contact.

Call 111: If you require non-emergency health advice, call 111 or visit the 111 website:

<https://111.nhs.uk/>

What to do when in crisis:

The Greater Manchester Mental Health service offers a 24/7 crisis helpline for all ages. This can be for yourself or if you are worried about a family member, friend or loved one. If you or someone you care for feel as though they may be having a mental health crisis, this service is for you.



Call the Greater Manchester Mental Health 24/7 Crisis Line on 0800 953 0285

The crisis line is open 365 days a year, all day and night and is free of charge.



Greater Manchester Mental Health Crisis website

Scan the QR code with a smart phone to view the Greater Manchester Mental Health Crisis website.





Manchester CAMHS

Child and Adolescent Mental Health services, also known as CAMHS, are a mental health service for children and young people provided by the NHS. The Manchester CAMHS website offers advice and guidance for lots of different mental health conditions for children living across Manchester, Salford and Trafford.

You can scan the QR code to the left or visit the following website:
<https://mft.nhs.uk/rmch/services/camhs/>



CAMHS resources

The CAMHS resources website pools together lots of different national resources to support your mental health. It includes different websites, apps and videos that can help guide you and give you more information about your mental health.

You can scan the QR code to the left or visit the following website:
<https://www.camhs-resources.co.uk/>



M-Thrive

Manchester Thrive is a one stop website that pulls together all the different services in the Manchester region to support your mental health. It splits Manchester into North, South, Central, Salford and Trafford to give you access to services that are local to you.

You can scan the QR code to the left or visit the following website:
<https://m-thrive.org/>



Kooth

Kooth is available for young people in Greater Manchester aged 10 to 25 years old. It is free, safe, and you can sign-up at any time via [Kooth.com](https://kooth.com).

You can chat live with a mental health professional, complete wellbeing activities, chat with other young people and fill out your journal to look after your mental health.