



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.



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



If you want to know more about what happens when you come to the Emergency Department with a mental health problem, you can visit our webpage here. This can also be translated into other languages if English is not your first language



What to do when in crisis

If you need to speak to someone right now, please contact one of the following 24 hour services

Call NHS 111
and select option 2



Call ChildLine

on **0800 1111**

or visit
www.childline.org.uk

Call the Samaritans

on **116 123**

or visit
www.samaritans.org

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.

Manchester Foundation Trust has a website with self help resources, websites and useful phone numbers for young people and carers who are struggling with their mental health.



Other services and useful resources:



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.

If you or your child has been referred to CAMHS already and are waiting for an appointment, visit the 'Waiting Well Offer' on their website for a variety of resources you can access to help while waiting



ChildLine

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling services for any child with a problem.

Phone **0800 1111** (24 hours, 7 days a week) or visit the **website**.



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**. 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.



Papyrus

Papyrus is a UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their suicide prevention hotline, **HOPELINE247**, is staffed by trained suicide prevention advisors and is available 24 hours a day, every day.

Phone **0800 068 4141** or text **88247**



Young Minds

Phone **0808 802 5544**

Young Minds are a mental health charity for children, young people and their parents. Their website is full of advice and information to give young people the tools to look after their mental health as well as a useful guide on reaching out for help.

There is also a free, confidential helpline and webchat for any adult who is concerned about the mental health or emotional wellbeing of a child or young person up to the age of 25.



42nd Street

42nd Street is a Greater Manchester young people's mental health charity. They have a range of groups and services that offer therapeutic support and are free and confidential. You can self-refer on their website.