

Youth Mental Health Resources and Links

<https://www.camhs-resources.co.uk/>

<https://www.kooth.com/>- Ages 11-18. Online chat support from professionals, anonymous peer- to peer forums and online resources.

<https://www.mindinsomerset.org.uk/our-services/young-people/>- offer peer support groups Chard, one to one or group support held at Langport, Yeovil, Frome.

<https://www.youngsomerset.org.uk/wellbeing-support/>- trained in CBT for issues such as low mood/depression, anxiety, OCD, panic, phobia, sleep problems, stress management. Ages 5-18yrs and can meet at home/ school or elsewhere or via the phone if prefer.

<https://www.relate.org.uk/relationship-help/>- 'young adults' and 'children and young people' specific sections giving advice and counselling on relationships

<https://www.samaritans.org/how-we-can-help/contact-samaritan/> Crisis support – free to call 24/7- 116 123.

<https://papyrus-uk.org/>- suicide prevention line – 0800 068 4141 or email – open weekday 0800-2200, weekends 1400-2200

<https://www.help-counselling.org.uk/>- counselling for ages 9-25yrs (ask for a donation for the service) trained psychotherapists and councillors

<https://www.annafreud.org/on-my-mind/afc-crisis-messenger/>- crisis messenger 24/7 support – text AFC to 85258

<https://www.incharleymemory.co.uk/> - available for ages 11-25yrs counselling for a variety of MH problems based in Somerset.

<https://www.winstonswish.org/supporting-you/>- support following bereavement of a parent/ sibling.

<https://www.childline.org.uk/>- can give advice/ counselling via free phone or online.

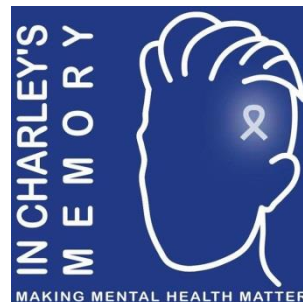
<https://www.beateatingdisorders.org.uk/> -national helplines (1200-2000 mon-fri, 1600-2000 sat-sun) and online support groups

<https://www.swedauk.org/>- Somerset and Wessex eating disorders association- individual or groups sessions for those struggling with an eating disorder.

<https://www.2bu-somerset.co.uk/>- LGBTQ+ support in somerset.

<https://www.meetwo.co.uk/>- a app where you can get peer support from others that positive and anonymous

<https://www.place2be.org.uk/>- support in schools 1 to 1 and group counselling



YOUNG SOMERSET'S Virtual Hub

WHAT IS THE VIRTUAL HUB?

The hub is a safe online space designed for young people and parents/guardians to find out about what support is available for you in your area.

We also have informative and interactive workshops on Instagram and Facebook every week, giving you the opportunity to ask questions and seek support. These are led by Young Somerset's team, providing professional advice and guidance on how to maintain positive Wellbeing, and look after your Mental Health.

Join us!

HUB FOR YOUNG PEOPLE	HUB FOR PARENTS
MONDAY & FRIDAY 16:00	MONDAY 16:00
INSTAGRAM: @YSWELLBEING	FACEBOOK: @YOUNGSOMERSET

01274 722100
Unit 2 Supreme Estate, Edington,
Bridgwater, Somerset, TA7 9BP

www.youngsomerse.org.uk

Registered Charity
Number: 1075473
Company Number: 1363809

Facebook, Twitter, YouTube icons

TALK TO US

If things are getting to you

116 123 **FREE**

This number is FREE to call round the clock

SAMARITANS

Worried about how you're feeling?

Check out:
youngminds.org.uk/find-help

YOUNGMINDS

