



Leicestershire Partnership  
NHS Trust

# Mental Health and Emotional Wellbeing: The Young People's Guide



**For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.**



# Hey, how are you feeling?...

There are lots of things you can do to keep yourself well and feeling good, like:

- Getting a good night's sleep
- Doing something you enjoy like playing games
- Spending time with friends and family
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people
- Spending time outside in nature

**... I feel great! I  
am happy and  
healthy**



**... I'm okay, but I  
sometimes feel a  
bit worried or  
sad**



It's normal to feel this way. We all experience lots of emotions and these can change over time.

Try some of the things in the box above and talk to someone about how you're feeling. This could be your friends, a parent or carer - or a teacher or adult at school.

If you're struggling, it's important to speak to someone. People want to help you. If you need it, you or your parents or carer can support you to get professional help. A good place to start is by talking to a mental health and wellbeing lead or trusted adult at school, or your GP.

You can also find free and safe support on these websites:

- Kooth: [www.kooth.com](http://www.kooth.com)
- Health for Teens: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**... I am  
struggling and  
need some help**

**... I am so upset  
or overwhelmed  
that I need help  
now**

If you need to speak to someone urgently, you or a parent or carer can call the Mental Health Central Access Point on **0808 800 3302** or **NHS 111**. The lines are open 24/7.

If there is an immediate or life-threatening emergency, call 999 or attend A&E. People are there and ready to help you now.

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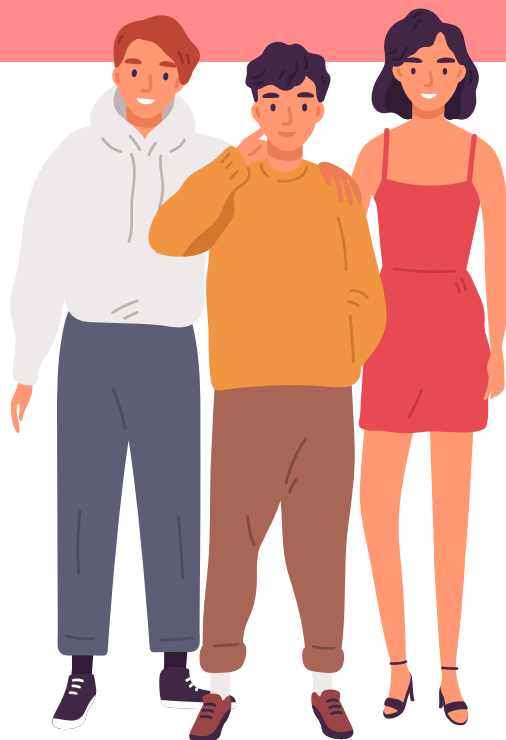
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# What is Mental Health?



It can be tricky to define mental health because it is made up of a range of different things. It covers how you feel emotionally, how you relate to the other people in your life, how you think about things and how you behave. These areas are all linked together to make up your mental health. It can sometimes be referred to as your state of mind.

Every person's mental state is different and can vary over time. We all experience good and tricky times in life (such as making a new best friend, have a good or bad exam result) and we react differently to these events. If you are enjoying good mental health, you may cope with these experiences better than someone who is struggling with their mental health.

It is normal to feel sad during difficult times. When these feelings begin to affect your daily life and don't go away, you may need mental health support. There are lots of young people (and adults) who struggle with mental health issues; you are not alone, in fact up to 1 in 4 people will experience poor mental health at some time in their lives. The good news is that, just like physical health, poor mental health can improve and many people enjoy full recovery.

Mental health specialists at CAMHS have helped create this booklet to make sure you get the right help, depending on the severity of your mental health needs.

## IMPORTANT!

But first, you need to make sure you are safe.

Its very important you ring the Mental Health Central Access Point (on 0808 800 3302), 111 or your GP if you are experiencing any of the following:

- Feel like you cannot cope anymore
- You want to hurt yourself or someone else
- You are seeing or hearing things that are not there

If you have hurt yourself and require medical intervention or are having suicidal thoughts and plan to act on them you must get help quickly by ringing 999.

**You will not be wasting anyone's time.**



# How do I know if I need some support with my mental health?

Have you felt anxious or sad over the past few weeks? Are these feelings not going away?

Are you sleeping a lot more or less than usual?

Are you avoiding doing activities you usually enjoy? For example, seeing friends or playing a certain sport?

Are you having unusual angry or emotional outbursts?

**Did you answer yes to any of these questions?**

If so, you may benefit from some non-urgent support with your mental health.

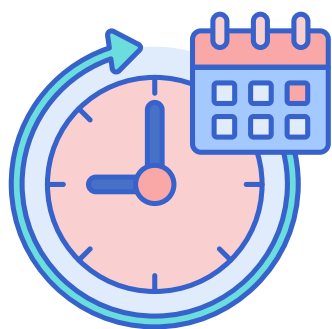
Different people can display different symptoms when it comes to mental health. If you aren't sure, speak to an adult you trust.



# First steps to get support with your mental health

## Self-care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Here are a few self-care tips for you to try:



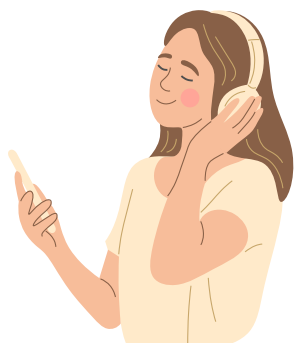
Setting yourself **new routines** can be a really helpful way of coping as having a structure to our day helps us feel settled and in control.



It is important to set yourself a **healthy sleep pattern** - getting a good night's sleep helps the mind and body recharge.



**Regular exercise** is also an important way of keeping both your mind and body healthy. You don't have to join a gym or have access to special equipment to exercise, try walking more or dancing!



**Relaxation strategies** are really helpful ways of calming your distress and are good to practice even when you are feeling calm. You might have an activity that you find relaxing such as art or listening to music.





## Talk to someone

Telling someone how your feeling is a good starting place.

Talk to trusted family member, friend or health professional about how you feel.

It can be hard at first to tell someone how you are feeling but its a very important first step in getting help with your mental health. You may feel like a 'weight has been lifted' by speaking to someone you trust.

## Online support

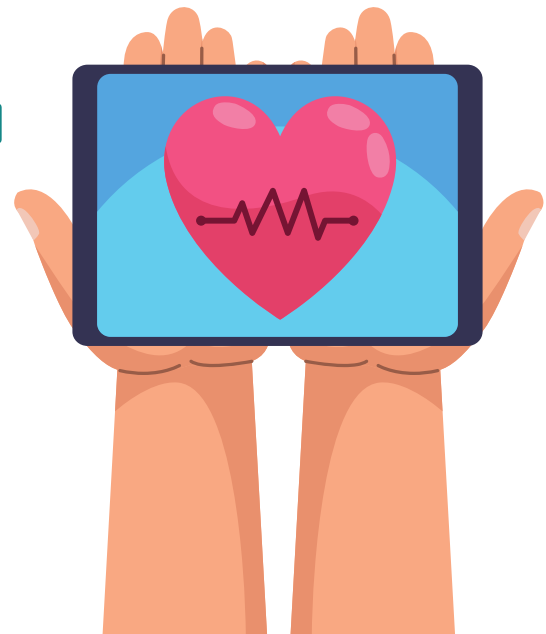
There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:

**YOUNGMINDS**

### Young Minds

Young minds is a mental health charity for younger people. Their website has different articles, useful resources, and online crisis messenger. You can also text YM to 85258.

[www.youngminds.org.uk](http://www.youngminds.org.uk)





## Health For Teens

Health for Teens is an online service provided by the NHS that covers large area of health and wellbeing. Their site has many different articles, quizzes and local information. Why not check out their TikTok **@healthforteensnhs**

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)



## Kooth

Kooth is a digital mental health service. Their website has a free online counselling service for young people and has many useful articles and forums you can read.

[www.kooth.com](http://www.kooth.com)



ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



## Child Line

Childline is a counselling service. Their website provides a free online counselling service. They also have a free phone support service on 0808 808 4994.

[www.childline.org.uk](http://www.childline.org.uk)



## Love4Life

Love4Life specialises in supporting vulnerable girls\* in Leicestershire, Leicester & Derby to develop their self-esteem and form positive and empowering relationships by offering Love4Life groups, one-to-ones and workshops at school and in the community.

Love4Life accepts referrals from parents/guardians, schools and other support services. If you are young person aged 16-18 you can also refer yourself.

This service is free.

[www.twentytwenty.org.uk/referral-process](http://www.twentytwenty.org.uk/referral-process)



## The Mix

The Mix offers online counselling and has a crisis messenger. You can also ring their free phone on 0808 808 4994.

[www.themix.org.uk](http://www.themix.org.uk)

**Better  
Health** every mind  
matters



## Every Mind Matters

Every Mind Matters' helps young people be kind to their mind. It offers mental health resources include tailored advice, practical tips on sleep and self-care.

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)



## CALM

CALM's website has a helpline and a live chat that are open from 5pm to midnight everyday, 365 days a year.

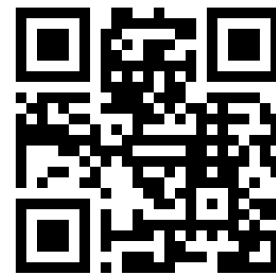
[www.thecalmzone.net/get-support](http://www.thecalmzone.net/get-support)



## First Steps

First Steps can provide help to anyone who is facing difficulty with mood, anxiety or depression, or anyone who's relationship with their body or food is impacting their life. You can refer yourself to this service.

[www.firststepsed.co.uk/make-a-referral](http://www.firststepsed.co.uk/make-a-referral)



## Coram

Coram supports children either currently in or been in the care system. Coram help find adoptive families for children in need of loving, permanent homes and more. They extend their support through their 'Coram Group Charities' to help children and young people access their legal rights and schoolchildren avoid harm by making safe and healthy choices.

[www.coram.org.uk](http://www.coram.org.uk)



## The Bridge

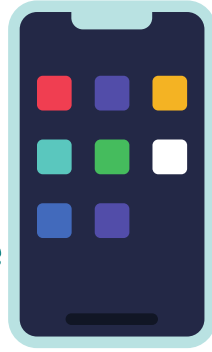
The Bridge delivers a specialist advice, offering support in many different areas, but some of those areas include:

- The Youth Employability Support (YES) Project supports young people, aged 15-24 to take steps towards employment, education and training.
- Housing related advice, support, and assistance services and accommodation options to homeless.
- Mediation between young people and their families. This service can offer support in helping family members understand each other better and work out solutions to their disagreements.

[www.thebridge-eastmidlands.org.uk/referral](http://www.thebridge-eastmidlands.org.uk/referral)

# Smartphone apps

There are a range of smartphone apps that also provide information, tips, games, links and exercises to support you with your mental health. Some of these include:



## Stay Alive

The **Stay Alive app** is a suicide prevention app packed full of useful information and tools to help you **stay** safe in crisis.

This app is free.

[www.stayalive.app](http://www.stayalive.app)



## Sanvello

The app checks in with how you're feeling so you can track your emotions and progress over time.

This app is free.

[www.sanvello.com](http://www.sanvello.com)



## MindDoc App

MindDoc helps if you are struggling with emotional problems. It is a personalized mental health companion that checks on you three times a day.

**This app is free.**

[www.minddoc.com/us/en](http://www.minddoc.com/us/en)



### Calm

The Calm app allows you to relax and fall asleep with meditations, music, and more. There are meditations for stress management, deep sleep, anxiety reduction, and increased concentration.

This app is free.

[www.calm.com/app](http://www.calm.com/app)

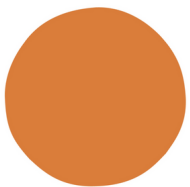


### Calm Harm

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm.

This app is free.

[www.calmharm.co.uk](http://www.calmharm.co.uk)



HEADSPACE®



### Head Space

Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

This app may have costs involved.

[www.headspace.com](http://www.headspace.com)

# Talking Therapies

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.



You can refer yourself to the following services:

**relate**  
the relationship people



## Relate

Relate provides free Family Counselling, Individual Counselling, Online and Telephone Counselling, Relationship Counselling and Sex Therapy. TEXT 07566 819842 for more information. Please be aware this service might have costs involved.

Telephone: 0116 2543011

[www.relateleicestershire.org.uk](http://www.relateleicestershire.org.uk)



## Vita Health Group

In partnership with the NHS, Vita Health Group offer a range of short-term psychological therapies to adults 16-years and over.

Phone: 0330 094 5595

[www.vitahealthgroup.co.uk/make-a-referral](http://www.vitahealthgroup.co.uk/make-a-referral)



# Getting more urgent support with your mental health

Sometimes people still require that little bit more support with their mental health. This support can be given by a professional.

Do you feel disconnected from normal activities, friends or family?

Are you having unusual changes in your personality, eating or sleeping patterns?

Do you feel your mental health is getting worse?

Do you feel unable to control your worrying?

Did you answer yes to any of these questions? If so, you may benefit from some more urgent support with your mental health.

Don't forget, different people can display different symptoms when it comes to mental health. If you aren't sure, speak to a trusted adult or a professional.



# What Mental Health Professionals can I speak to for non-urgent support?

## Mental Health Support Team in Schools (MHSTs)

Mental Health Support Team in Schools (MHST) is a service that is working with a number of schools across Leicester to help young people with their mental health and emotional wellbeing.



These teams are there to help children and young people who are struggling with low mood, anxiety and worry.

If your school has Mental Health Support Teams, you can speak to a teacher, member of school staff or mental health support lead to find how you can get help from this team.



For more information, [please click here to visit www.healthforteens.co.uk/leicestercity/introducing-mental-health-support-team-schools](http://www.healthforteens.co.uk/leicestercity/introducing-mental-health-support-team-schools) or scan the QR code on the left.

# Your GP (General Practitioner)

A general practitioner (GP) is a clinician who treat both acute (one off) and chronic (long term) illnesses.



GPs don't specialise in mental health but they can still support you with your mental health.

A GP might:

- Diagnose you with a mental Health condition such as depression or anxiety
- Give you the details of a service you can contact yourself, such as a community mental health team or a counselling service you can self-refer to (please see page 12 for more information)
- Advise you on self-help measures such as how to reduce stress, get better sleep or eat well
- Prescribe you medication to treat your condition
- Refer you for specialist support (for example, you may be referred to CAMHS).



[For more information on how your GP can help, click here to visit www.youngminds.org.uk/young-person/your-guide-to-support/how-to-speak-to-your-gp](http://www.youngminds.org.uk/young-person/your-guide-to-support/how-to-speak-to-your-gp)  
or scan the QR code on the left.

# Child and Adolescent Mental Health Services (CAMHS)



CAMHS is an NHS service for young people (up to the age of 18 years) who need more help with their mental health.

Once you have spoken to your GP (or another professional such as a social worker), they may suggest you are referred to CAMHS for support.

CAMHS can support young people with:

- Moderate to severe depression
- Moderate to severe anxiety, phobia or panic disorders
- Obsessive compulsive disorder
- Post-traumatic stress disorder
- Eating disorders
- Psychosis
- Self-harm associated with any of the above problems

You cannot self-refer to this service. A professional will refer you to CAMHS if necessary.



For more information on CAMHS, visit [www.healthforteens.co.uk/leicestercity/child-and-adolescent-mental-health-services](http://www.healthforteens.co.uk/leicestercity/child-and-adolescent-mental-health-services) or scan the QR code to the left.

# Getting immediate support with your mental health

Do you have thoughts or plans of self-harming?

Are you experiencing hallucinations – hearing or seeing things that are not there

Are you having delusions (having strong beliefs that are not shared by others for example, thinking people are out to get you)?

Feel like you need help from someone now?

Did you answer yes to any of these questions? If so, you may benefit from some urgent support with your mental health. The following services can help you urgently. It is very important you speak to someone.

Remember, different people can display different symptoms when it comes to mental health. If you aren't sure, speak to a trusted adult or professional as soon as possible.



# What mental health professionals can I speak to for immediate support?



## NHS 111

The NHS 111 Mental Health Triage team provides mental health support **24 hours a day**, 7 days a week to people of all ages. You can access urgent support by ringing 111 or visiting their website. [www.111.nhs.uk/guided-entry/mental-health-help](http://www.111.nhs.uk/guided-entry/mental-health-help)

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## Your GP

You can ask your GP for an emergency / same day appointment for your mental health during their opening times. Your GP should have a limited amount of emergency appointments a day they can offer for urgent medical issues. If your GP is closed, you can ring NHS 111 for support.

[www.nhs.uk/nhs-services/gps/gp-appointments-and-bookings](http://www.nhs.uk/nhs-services/gps/gp-appointments-and-bookings)



**HOPELINEUK**  
**0800 068 41 41**

## **HOPELINE UK**

Please note this service is for children and young people under the age of 35

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 0778 620 9697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening Hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

[www.papyrus-uk.org](http://www.papyrus-uk.org)

**Papyrus also offers non-urgent support.**



## Samaritans

When life is difficult, Samaritans are here - day or night, 365 days a year.

You can call them for free on **116 123** or visit **[www.samaritans.org](http://www.samaritans.org)** to find your nearest branch

**Samaritans also offers non-urgent services.**

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## Shout

Feeling worried or low? Need to talk?

Text **SHOUT** to **85258** for free and confidential support, 24/7.

Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.

For more information, visit:

**[www.giveusashout.org](http://www.giveusashout.org)**

**Shout also offers non-urgent services.**





# Free 24-hour Mental Health Helpline

Telephone

**0808 800 3302**

If you, or someone you care about, need urgent advice or support for your mental health, you can call our Mental Health Central Access Point 24 hours a day, seven days a week free of charge and in confidence.

We're here to get you the support you need.

Please note, this service can be busy at certain times and you may have to wait for your call to be answered.



## **In an Emergency**

If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999

# Getting emergency support with your mental health

Is there life-threatening emergency?

Are you struggling to keep yourself safe?

Are you planning to hurt yourself?

Are you planning to hurt someone else?

Did you answer yes to any of these questions? If so, ring 999 (the emergency services) straight away and ask for urgent help.

They will ask you a few questions, it is very important to be honest when they do.

You are not wasting anyone's time. It is very important you speak to someone as soon as possible.

Remember, different people can display different symptoms when it comes to mental health. If you aren't sure, call 111 instead, if they think you need emergency help they will arrange this for you.

