

Want more information on mental health.....

www.sheffieldmentalhealth.co.uk/information/children-and-young-people/

www.sheffieldchildrens.nhs.uk/services/camhs/

www.interchangesheffield.org.uk/useful-website-links/

www.safeguardingsheffieldchildren.org

www.kooth.com

www.youngminds.org.uk

www.childline.org.uk

www.epicfriends.co.uk

www.themix.org

www.sheffieldfutures.org.uk/i-need-help/door43/

It's good to talk

Want to talk to someone and get support.....

School:

You are never alone in school, the staff we recommend you seek support from are: Keyworker, Pastoral team, SEND staff and the Inclusion Manager. However if you feel more comfortable with someone else please speak up.

Online:

Kooth offers free, safe and anonymous online support for young people

The Mix offers free, safe and confidential support for people via telephone or email helpline

YoungMinds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

Face to Face:

Door 43 is a support service for young people, they have drop in clinics or you can be refer to them for 1:1 sessions

GP is able to refer to additional services that are we not such as CAMHS and Ryegate

MAST is a multi-agency-support-team that can support young people and their families with mental health and wellbeing.

Want to use an APP to help myself feel.....

Stop, Breath and Think:



Allows you to check in with emotions and recommend short, guided mediations to respond to how you are feeling



HEADSPACE

Headspace:

Your guide to health and happiness. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life.



Calm harm:

Provides tasks that help you resist or manage the urge to self harm.



Mindshift:

Scientifically proven strategies to help you learn to relax, be mindful and develop more effective ways of thinking.