

Mental Health and Wellbeing For Young People

GET HELP - Signposting and Further Information:

We want to ensure that staff, pupils and parents are aware of what support is available within our school and how to access further support.

Where else can external support be accessed for children or adults?

- Paediatricians
- Social Workers
- Counsellors/ therapists

There are lots of ways to get in touch with the Kent NHS School Health Team:

- **For Parents/Carers:**

Call: 0300 123 4496 to speak confidentially to a member of the single point of access (SPA) team.

Complete an [online referral form](#).

- **NHS Community General Health Page For Primary:**

<https://www.kentcht.nhs.uk/service/school-health/primary-school-aged-four-to-11>

- **For Young People (older than Thurnham Pupils):**

Call: 0300 123 4496 to speak confidentially to a member of the single point of access (SPA) team.

[ChatHealth](#) Text: 07520 618850 young people aged 11-19 can use our confidential and anonymous texting service to have direct access to a nurse (Monday to Friday, 9am to 5pm).

Check out young people's website Kent Youth Health.

If you are aged between 10-19 you can also find lots of help for your emotional wellbeing at [Moodspark](#).

Charities /Organisations That Provide Information & Advice:

Young Minds

If you are a parent needing help, you can contact the Young Minds Parent Helpline on 0808 802 5544 (Mon-Fri from 9:30am to 4pm).

The Young Minds 'Crisis Text Messenger Service' is a free service for young people experiencing a mental health crisis. A young person can contact their messenger service by text to: 5258 (available 24/7).

The Samaritans

Offer a safe place for anyone to talk. You can talk to them about whatever's getting to you (you don't have to be suicidal to contact them). They offer 24/7 support and can be reached on: 116 123 (free to call and won't appear on your phone bill), or you can email them at: jo@samaritans.org.

MindEd for Families

MindEd for Families provides practical and evidenced-based advice and guidance to help you support your child. Parents have worked with mental health practitioners and NHS England to develop the information on their website which can be found here - www.minded.org.uk/families

www.boingboing.org.uk (a range of supportive materials, including the Resilience Framework)

www.anxietyuk.org.uk (helpline – 08444775774)

www.childline.org.uk (help for children – 08001111; help for adults concerned about a child – 08088005000)

www.whole.org.uk (campaigns about stigma related to mental health)

www.mentalhealth.org.uk (research, reports and information)

www.papyrus-uk.org (prevention of young suicide)

<https://ymcatrinitygroup.org.uk/counselling>