







## MENTAL HEALTH SUPPORT SITES - GENERAL



SUPPORT SOURCE	DESCRIPTION
<p>NHS self-help guides: <a href="#">Self Help Guides</a>   <a href="#">Healthy Minds (whct.nhs.uk)</a></p> <p><a href="http://www.sane.org.uk">www.sane.org.uk</a> Tel 0300 304 7000 daily 4.30 – 10.30pm</p>  <p> <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p> <a href="http://www.rethink.org">www.rethink.org</a></p> <p> <a href="https://www.mind.org.uk/information-support/guides-to-support-and-services/">https://www.mind.org.uk/information-support/guides-to-support-and-services/</a>                      Infoline: 0300 123 3393 Text: 86463                      Monday – Friday 9am – 6pm</p> <p> <a href="#">The Mix - Essential support for under 25s</a>  <a href="#">Get Support - The Mix</a></p> <p> <a href="#">Mental Health Support For Young People</a>  <a href="#">YoungMinds</a>                      YoungMinds Textline: Text YM to 85258                      Free, 24/7 text support.  <a href="#">Parents Mental Health Support</a>   <a href="#">Advice for Your Child</a>   <a href="#">YoungMinds</a>                      Parent Helpline Tel: 0808 802 5544 Mondays to Friday 9.30am – 4pm                      Parents webchat service is also available by accessing the webchat icon on the website. The icon displays when the service is open.</p>	<p>The websites identified are a small range of those available on the internet.</p> <p>SANE – mental health charity offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.</p> <p>Samaritans – 24/7 helpline 116 123</p> <p>Rethink Mental Illness – offers groups, services expert information for everyone.</p> <p>Mind – provide advice and support for anyone experiencing a mental health issue.</p> <p>The Mix is a support service for all young people under 25. They provide a wide range of help including mental health issues. They can be accessed via an online chat, on social, through the free confidential helpline or their counselling service. Details of all options can be found online</p> <p>Young Minds is one of the UK’s leading charities fighting for children and young people’s mental health. They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what. Support is available for young people as well as their parents.</p>

What's on your mind?

[www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)



[Home - Kooth](#)

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

[Mental health | Childline](#)

On Your Mind is an NHS Gloucestershire website that offers support and advice on a wide range of issues. Whilst some of the resources and help is Gloucestershire based, most of the information is relevant and there are links to nationwide support.

Kooth is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. It is commissioned by the NHS, Local Authorities, charities and businesses. Kooth provides support from midday to 10pm during the week, and 6pm to 10pm at weekends

**Peer to peer support** through moderated discussion forums

**Self-care tools and resources** to build resilience

There are **no waiting lists**, referrals or thresholds to access the service.

Childline offer guidance covering a wide range of mental health issues. Childline also offer support to young people online and on the phone at any time – please see contact information.