

## **Mental Health and Wellbeing Supports for Children and Young People: NHSGGC Mental Health Improvement Team**

During the Coronavirus outbreak children and young people (CYP) may be feeling lonely and have experienced big changes to their normal routine. Many CYP will find these things difficult and will experience more stress at this time. Although this can be difficult, it's important for them to know that they are not alone and that these feelings and this outbreak will pass.

### **Distress and Suicidal Thoughts**

Some CYP find that talking with friends and family about their feelings can be a real source of support for coping with distress or suicidal thoughts. It might be helpful for them to map their support network, and think about people they could call if their feeling suicidal. Other young people may prefer to seek more professional support or call a helpline such as Childline, Samaritans, Shout, Papyrus Hopeline:

- **Childline 0800 1111**
- **Samaritans 116 123**
- **SHOUT Text SHOUT to 85258**
- **PAPYRUS HOPELINE UK 0800 068 4141 or Text: 07860039967**

For some young people they may be finding it difficult to cope and may think of ending their life, if you are concerned about a young person's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If you feel the young person's life in immediate danger please call **999** for assistance.

This resource provides a range of useful mental health and wellbeing helplines and supports that you can signpost children and young people to during this time.

## **Supportive Trusted Adult**

Talking to a supportive trusted adult is good for CYP mental health.

Here are some tips to help you be that adult:

### **Do**

- Listen
- Ask direct questions
- Treat the person with dignity and respect
- Offer emotional support and understanding
- Encourage help seeking

### **Don't**

- Judge
- Overreact
- Dismiss their concerns
- Rush to solve the problem
- Tell them they are wrong to feel a certain way

Theme	Helplines	Organisation	Useful Websites
<p><b>General Mental Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Anxiety,</li> <li>• Low mood</li> <li>• Stress</li> <li>• Depression</li> <li>• Self Harm</li> <li>• Suicide</li> <li>• Sleep</li> <li>• Loneliness &amp; Isolation</li> </ul>	<p><b>Childline:</b> free helpline <b>0800 1111</b> available 7 days a week, 9am-midnight. Talk to a counsellor or have a 1 to 1 counsellor chat online.</p> <p><b>SHOUT</b> Crisis Text service also available 24/7 Text YM to <b>85258</b> &amp;</p> <p><b>PAPYRUS HOPELINE UK:</b> free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call <b>0800 068 41 41</b> or Text: <b>07860039967</b>. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm.</p> <p><b>Samaritans:</b> <b>116 123</b>. A free and confidential support to anyone, any age.</p> <p><b>NHS Living Life: 0800 328 9655:</b> A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm</p> <p><b>Breathing Space: 0800 83 85 87.</b> A free confidential phone and web based service for people experiencing low mood, depression or anxiety. <b>16+.</b> Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am</p> <p><b>National Bullying Helpline:</b> 0845 22 55 787 (call charges apply) provides practical help and advice for children and adults dealing with bullying at school or work</p>		<p><b>Aye Mind:</b> hosts a range of me resources to support mental wellbeing for young people <a href="http://ayemind.com/">http://ayemind.com/</a></p> <p><b>Childline:</b> provides information on bullying, abuse, safety and the law <a href="https://www.childline.org.uk/info-advice/">https://www.childline.org.uk/info-advice/</a></p> <p><b>Young Minds:</b> provides information on coping with self harm and suicidal feelings. <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p><b>Young Scot :</b> their Aye Feel campaign provides information on how to look after your emotional wellbeing <a href="https://young.scot/campaigns/national/aye-feel">https://young.scot/campaigns/national/aye-feel</a></p> <p><b>NHS Inform</b> will give you all the advice you need to keep yourself safe. <a href="http://www.nhsinform.scot/coronavirus">www.nhsinform.scot/coronavirus</a></p> <p><b>Sleep Scotland:</b> Teen Zone to support teenagers sleep better. <a href="https://www.sleepscotland.org/education/teen-zone/">https://www.sleepscotland.org/education/teen-zone/</a></p> <p><b>Staying Safe Website:</b> If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep read the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better. <a href="https://stayingSAFE.net/">https://stayingSAFE.net/</a></p> <p><b>NHS Trusted Mental Health and Wellbeing Apps:</b> a range can be found here: <a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a></p>
<p><b>Bereavement</b></p>	<p><b>Bereavement Trust Helpline:</b> Available 6pm-10pm every evening. <b>0800 435 455</b></p> <p><b>Marie Curie Scotland:</b> free helpline to anyone affected by the death of the loved one at any time in their life. Call <b>0800 090 2309</b></p> <p><b>PETAL:</b> Telephone and face to face counselling and support for families and friends of murder and suicide victims including support for children and young people. Contact <b>0168 324 502</b></p> <p><b>Beautiful Inside &amp; Out:</b> A Scottish registered charity, supporting bereaved parents and siblings of suicide victims. Contact: <b>07984328808</b></p>		<p><b>Winston's Wish:</b> giving hope to grieving children and young people <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p> <p>Childhood Bereavement UK: provides information and support needed to help grieving children and young people. <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p>

Young Carers	<b>Children and Young Peoples Commissioner Scotland:</b> available for advice on children's human rights on email at <a href="mailto:inbox@cypcs.org.uk">inbox@cypcs.org.uk</a> or free phone <b>0800 019 1179</b> .		<b>Young Scot:</b> provides a range of information on mental health, and other supports available to young carers <a href="https://young.scot/campaigns/national/young-carers">https://young.scot/campaigns/national/young-carers</a>
Alcohol and Drugs and Addictions	<b>FRANK:</b> provides support around drugs. Call <b>0300 123 6600</b> , 24 hours a day, 7 days a week or Text <b>82111</b> with a question and FRANK will text you back.		<b>FRANK:</b> Honest information about drugs, <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>
Lesbian, Gay, Bisexual and Transgender	<b>LGBT Youth Scotland:</b> if you need to talk text <b>07984 356 512</b> or you can participate in on line chats <a href="https://www.lgbtyouth.org.uk/groups-and-support/digital-support/">https://www.lgbtyouth.org.uk/groups-and-support/digital-support/</a>	<b>LGBT Youth</b> 30 (3/2) Bell Street Glasgow, G1 1LG <a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a>	<b>LGBT Youth Scotland:</b> provides a range of information for LGBTI young people <a href="https://www.lgbtyouth.org.uk/">https://www.lgbtyouth.org.uk/</a>
Sexual Health	<b>Sandyford:</b> is the specialist sexual health service for Greater Glasgow and Clyde. Young people clinics are open Tues and Thurs evening from 4pm – 4pm at Sandyford Central. These are not drop in clinics and young people must book an appointment <a href="#">online</a> or phone <b>0141 211 8130</b>		<b>YP Sandyford:</b> <a href="http://youngpeoples.sandyford.org/">http://youngpeoples.sandyford.org/</a>
Disability and Additional Support needs	<b>talktime Scotland:</b> provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email <a href="mailto:talktimescotland@gmail.com">talktimescotland@gmail.com</a> or call/text <b>0774 210 104</b>  <b>Glasgow Disability Alliance:</b> Support for disabled people and those living with long term conditions. <b>T: 0141 556 7103</b> <b>Text: 07958 299 496</b>		<b>I Am Me Scotland:</b> Changing attitudes and behaviours so that disable and vulnerable people can feel safe within their communities <a href="https://iammescotland.co.uk/">https://iammescotland.co.uk/</a>
BME, Refugees, Asylum Seekers	<b>Amina Helpline:</b> <b>0808 801 0301</b> Mon-Fri 10am-4pm, provide a listening ear and signposting services for Muslim women across Scotland.  <b>Scottish Refugee Council:</b> during COVID-19 will provide a full service by phone only <b>0141 223 7979</b> . Mon, Tues, Thurs, Fri 10am -1pm & 2pm – 4pm and Wed 2pm – 4pm  <b>National Helpline:</b> <b>0800 111 4000</b> for those that don't have a network of support but who are at high risk of contracting COVID-19, everyday 9am -5pm		

<p><b>Domestic Violence &amp; GBV</b></p>	<p><b>Domestic Abuse and Forced Marriage /GBV</b> - For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language: <b>08000271234</b> or email <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a></p> <p><b>Rosey Project:</b> support for girls aged 13-25 who have experienced sexual violence. Call freephone helpline <b>08088 00 00 14</b>, 7 days a week 11am-2pm Mon-Thurs , <b>5.30-7.30pm</b></p> <p><b>The National Rape Crisis:</b> Freephone <b>08088 01 03 02</b>, every day, 6pm-Midnight</p>		
<p><b>Long Term Conditions</b></p>	<p><b>Diabetes Scotland:</b> Call 0141 212 8710*, Monday–Friday, 9am–6pm or email <a href="mailto:helpline.scotland@diabetes.org.uk">helpline.scotland@diabetes.org.uk</a> Confidential helpline (charges apply) that can provide information about the condition and take time to talk through and explore emotional, social, psychological or practical difficulties.</p> <p><b>Asthma UK:</b> Speak to an asthma expert nurse on their helpline 0300 222 5800. Also visit their website <a href="http://www.asthma.org.uk">www.asthma.org.uk</a> which is providing updated information on COVID-19 as they receive it.</p> <p><b>Epilepsy Scotland:</b> provide a free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call 0808 800 2200, Mon-Fri 9.30am -4.30pm. Website hosts a range of information and resources <a href="http://www.epilepsyscotland.org.uk">www.epilepsyscotland.org.uk</a></p>		
<p><b>Criminal Justice</b></p>	<p><b>Families Outside</b> Provides help, information and support for families affected by imprisonment Helpline: <b>0800 254 0088</b> Text <b>FAMOUT to 6077</b></p>		