



WHERE TO GO FOR MENTAL HEALTH SUPPORT - A GUIDE FOR YOUNG PEOPLE

National and local sources of help and support for young people living in, or going to school in, the Burnham area.

What is mental health? “In many ways, mental health is just like physical health; everybody has it and we need to take care of it. Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse”. www.mind.org.uk



“Around 1 in 10 young people in the UK have a diagnosable mental health disorder” (The Children’s Society - September 2018)
www.childrenssociety.org.uk

Asking for help It can be very hard to take this first step but it’s so important to find someone you can talk to. It could be a family member, a doctor, a teacher or friend, or you may find it easier to talk to someone you don’t know. This leaflet has details of many national and local organisations that can help.

National helplines and websites

Childline – **Online, on the phone, anytime**. A free private and confidential service for anyone under 19 in the UK where you can be you, whatever the worry, whenever you need help. Call free anytime from any phone 24 hours a day, 365 days a year. (Calls won't show up on your phone bill). **Tel. 0800 1111** or click on website for chat line service or email via website www.childline.org

Young Minds - UK charity committed to **improving wellbeing and mental health** of young people. “Find Help” section of website has information on feelings, symptoms, different mental health conditions and where to go for help and support. www.youngminds.org.uk

The Mix - UK support service for under 25's. Website has information on mental health, sex and relationships, money issues, homelessness and drugs etc. Freephone Tel. 0808 808 4994 (see website for times) or email or webchat via www.themix.org.uk

Muslim Youth Helpline - free and confidential faith and culturally sensitive support service for any issues including Abuse, Anxiety, Depression. Freephone Tel. 0808 808 2008 4 to 10pm daily Email help@myh.org.uk or live chat via website www.myh.org.uk

Specialist help and support services (arranged alphabetically by subject)

Abuse

Refuge – Supports children and young people experiencing any form of violence or abuse including domestic violence and sexual abuse.

Freephone 24-hour national domestic violence helpline Tel. 0808 2000 247
www.refuge.org.uk

Alcohol and Drugs

Alateen - support for young people aged 12 to 17 who have, or have had, a problem drinker in their lives. Part of Alcoholics Anonymous. Tel. 020 7593 2070

Young Addaction Bucks - advice on drugs and alcohol for young people in Buckinghamshire aged 10 to 17. Tel. 01296 331933
www.addaction.org.uk/services/young-addaction-buckinghamshire

Frank - friendly, confidential information and advice about drugs and substance abuse. Helpline 0300 123 6600 Text 82111 24 hours a day, 365 days a year. Email via website or chat online between 2pm and 6pm www.talktofrank.com

Anxiety

No Panic - a charity offering help with all anxiety related disorders including panic attacks, phobias and obsessive-compulsive disorder. Youth Helpline for young people aged 13 - 20. Tel. 0330 606 1174 Mon to Fri 3 - 6pm Thurs to Sat 6 – 8pm
www.nopanic.org.uk/no-panic-youth-hub/

Bereavement

Hope Again - provides somewhere to turn to when someone dies. It is a safe place where you can learn from other young people how to cope with grief and feel less alone. Helpline 0808 808 1677 Freephone 9.30am - 5pm Monday to Friday
Email hopeagain@cruse.org.uk
www.hopeagain.org.uk

Bullying

Information, advice and support for children and young people who have experienced bullying, including cyber-bullying.

BullyingUK – Helpline 0808 800 2222

www.bullying.co.uk/advice-for-young-people/

Kidscape - www.kidscape.org.uk

Caring

Carers Bucks - support for young people in Bucks aged 5 to 18 who are **caring for a family member** with a physical or mental illness, drug or alcohol addiction or disability. Email yc@carersbucks.org
www.youngcarersbucks.org

Slough Young Carers – support for young people in Slough aged 8 to 19 who are **helping to look after a relative** with an illness, disability or addiction.

Tel. 01753 875510 Email youngcarers@slough.gov.uk

Depression

Students against depression – website for students run by students. Advice, information, guidance and resources to those affected by **low mood, depression and suicidal thinking.** www.studentsagainstdepression.org

Drugs – see Alcohol and Drugs

Eating disorders

Beat - information and support for those dealing with **any eating disorder**. Online support groups, peer support and one to one support via Youth line
Tel. 0808 801 0711 Freephone 365 days a year, 12 to 8pm weekdays
4 to 8pm week-ends and Bank Holidays. www.beateatingdisorders.org.uk

LGBT+

Switchboard LGBT+ Information, support and referral service for **lesbians, gay men and bisexual and trans people** and anyone considering issues around their sexuality and/or gender identity.

Tel. 0300 330 0630 10am to 10pm daily Email chris@switchboard.lgbt

www.switchboard.lgbt

Self-harm

www.selfharm.co.uk - website dedicated to supporting young people impacted by **self-harm/injury**. Part of the Youthscape charity. Email info@selfharm.co.uk

Suicide

Papyrus UK - national charity dedicated to the **Prevention of Young Suicide**.
For confidential help and advice call Papyrus Hopeline UK - Freephone
Tel. 0800 0684141 Text 07786 209697 10am to 10pm weekdays, 2pm to 10pm
weekends and Bank Holidays Email pat@papyrus-uk.org
www.papyrus-uk.org

Other sources of help in Bucks

Child and Adolescent Mental Health Services (CAMHS) - **support for young people**
up to age 18 in Bucks. If you are under 16 your GP, teacher or other professional
can refer you. If you are 16 or 17, you can also call CAMHS yourself Tel. 01865
901951. Website has links to information and sources of support
www.oxfordhealth.nhs.uk/camhs/bucks/services

Family Information Service (Bucks) - **health information and sources of support** in
“Advice for Life” in “Youthspace” section of website www.bucksfamilyinfo.org

Sexual Health & Wellbeing Service (Bucks)

- confidential free service for all **sexual health** needs. “Young People” section of
website has lots of information including how to book an appointment
www.sexualhealthbucks.nhs.uk

Time to Talk Bucks - **free counselling service** for young people aged 11 to 25 in
Buckinghamshire. Appointments available in Burnham Health Centre.
Tel. 01296 329903 or 07764 210398 Email enquiries@timetotalkbucks.org.uk
<https://timetotalk.adviza.org.uk/>

This leaflet has been produced by
Burnham Health Promotion Trust

Every effort has been made to ensure the information in this leaflet is correct.
If you are aware of inaccuracies or omissions,
please email info@bhpt.org.uk or call 01628 661441



Working together for a happy, healthy, active and caring community

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