

World Mental Health Day


Tuesday 10th October 2023

Support Information




#HelloYellow

What's on our minds can be the hardest subject. So what's on yours?

When we ask what's on your mind we mean - what is causing you stress? 

We know that lots of young people have things they worry about.

This World Mental Health Day, we are setting you a different kind of homework - to talk about worries. 

Talking about our worries can help us feel better, even though it can be difficult to do.

Get talking



1. Ask your parent, carer or an adult you trust if they'll help you to talk about your worries.
2. If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise.
3. Then talk about the answers to the questions below with your parent/carer (or if you prefer, you can write your answers instead and show them to your parent/carer).

**How do these worries make you feel?
What are you afraid might happen?
Would it help if you had more information?
How could you find that information out?
What helps you to cope with these worries?**

Get listening



Support and Helplines

CASHER

The CASHER Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.
07810 696565 or bfwh.casher.team@net.net

Text YM to 85258
for urgent mental health support

Available all day, every day.



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.
Text YM to 85258.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.
Ring: 0800 111
Visit: www.childline.org.uk

"It's alright to ask for help"



116 123

Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.
Call 116 123 for free



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.
Call: 0800 068 4141
Text: 07860 039 967

Mental Health Crisis Line
0800 953 0110
24 hours a day
7 days a week

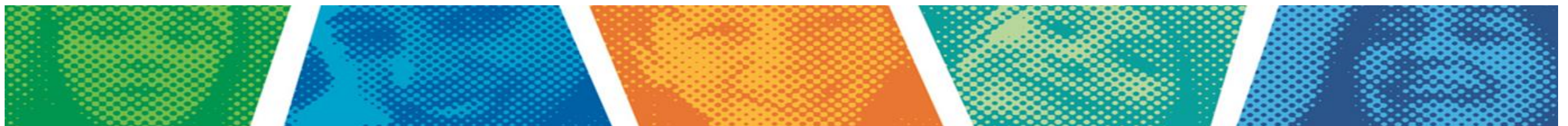


Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals.
Call 0800 953 0110



kooth

Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com





Support and Help IN Education
Fylde Coast Mental Health Support Team

Helpful Apps



Blackpool Teaching
Hospitals
NHS Foundation Trust



Calm

Improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



Worry Tree

The Worry Tree app aims to help you take control of worry. Wherever you are you can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you.



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It's also on Netflix too.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It. It can teach you how to look at problems in a different way and turn negative thoughts into positive ones.



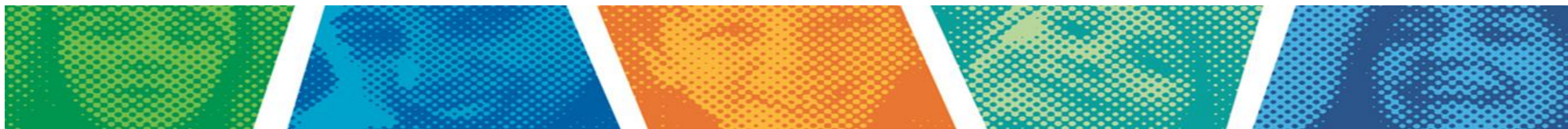
Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.





SHINE
Support & Help IN Education
Fylde Coast
Mental Health Support Team



Parent / Carer Coffee & Chat drop in



Venue: Carr Hill High School
Tuesday : 28th November - 9.30 - 10.30
Wednesday 29th November 16.30 -18.00

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. Coffee & Chat drop in session is all about encouraging conversation about mental health and increasing openness on the topic. The purpose of the sessions is to hear the parent/carer's voice and views in relation to mental health services for young people and also offer to signpost and support to local services and provide information on services nationally and locally.

If you have any further questions do not hesitate to contact us directly.

- T.** 0800 121 7762 (Option 4)
- E.** bfwh.shine-MHST@nhs.net
- W:** www.bfwh.nhs.uk

