Signposting: Mental Health services, advice, apps

Crisis support:

If you are in immediate danger, please dial 999 or present at A&E

AWP have an "I need help now" page detailing who to contact in an emergency: https://www.awp.nhs.uk/camhs/help-now

Samaritans

SAMARITANS

116 123

Advice and Guidance:

Every mind matters: online advice and guidance around simple self care around mental health

The mix

Young minds; advice and guidance, parent helpline

BEAT: eating disorders

Emotionally Based School Avoidance (EBSA) Somerset advice: https://www.supportservicesforeducation.co.uk/Page/20029

Childline

Counselling

Support with sleep

OTR website, online groups

Kooth; online forum. Professional support online

School Nurses: chat health

Advice and Guidance; website, helplines

In Charley's Memory: counselling, advice, website

Shout; free support textline

Helpful Apps:

Self Harm

Calm Harm

Distract

Harmless

Planning, problem solving

CBT skills

Decider app

Safety planning

Mindfulness and meditation

Headspace app and youtube channel

MH forum

Catch it