

YOUR MENTAL HEALTH MATTERS

HOW PARENTS CAN SUPPORT

- BE THERE TO LISTEN
- STAY INVOLVED
- SUPPORT THEM
- ENCOURAGE THEIR INTERESTS
- BUILD POSITIVE ROUTINES

IF YOU ARE STILL WORRIED SEEK
MEDICAL ADVICE FROM THE GP

IF THINGS ARE JUST TOO MUCH AND YOU DON'T FEEL SAFE

- GO TO A&E
- CALL 999 AND ASK FOR AN
AMBULANCE
- GET SOMEONE ELSE TO TAKE
YOU TO A&E AND FOR THEM TO
CALL AN AMBULANCE

STUDENT IN SCHOOL SUPPORT

IF YOU NEED HELP OR SUPPORT,
THERE ARE MANY PEOPLE YOU CAN
SPEAK TO IN SCHOOL

- YOUR CLASS TEACHER
- YOUR TUTOR
- YOUR COMMUNITY LEAD
- MENTAL HEALTH FIRST AIDER

HOW YOU CAN SUPPORT YOURSELF

- REMIND YOURSELF THAT IT IS
OKAY TO NOT FEEL OKAY
- STAY CONNECTED TO PEOPLE
WHO MAKE YOU FEEL GOOD
- ITS OKAY TO SIT WITH A
DIFFICULT EMOTION
- MAKE PLANS TO DO
SOMETHING YOU ENJOY
- DEEP BREATHING,
RELAXATION AND
MINDFULNESS MOMENTS CAN
HELP



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HELPFUL CONTACTS IN THE COMMUNITY

IF YOU ARE IN CRISIS AND NEED URGENT SUPPORT BUT CAN KEEP YOURSELF SAFE YOU CAN:

- **TEXT SHOUT TO 85258 (24/7 TEXT RESPONSE – TEXTS ARE FREE)**
- **CALL CHILDLINE 0800 1111 OR LOG IN VIA THEIR WEBSITE FOR ONLINE CHAT SUPPORT**
- **SUSSEX MENTAL HEALTH HELPLINE 0800 0309 500 (24 HOURS)**
- **HARMLESS- WWW.HARMLESS.ORG.UK**
- **PAPYRUS HOPELINEUK (SUICIDE PREVENTION CHARITY) TEL: 0800 068 4141 (MON-FRIDAY 10-5PM & 7-10PM AND SAT-SUN 2-5PM) WEBSITE WWW.PAPYRUS-UK.ORG**

OTHER USEFUL CONTACTS

- **BULLYING UK HELPLINE TEL: 0808 800 2222 (MON-FRIDAY 9AM-9PM; SAT-SUN 10AM-3PM) WWW.BULLYING.CO.UK**
- **YOUNG MINDS - MENTAL HEALTH INFORMATION AND YOUNG PEOPLES SHARED EXPERIENCES. WWW.YOUNGMINDS.ORG.UK**
- **ALLSORTS LGBTQI+ ALLSORTS YOUTH PROJECT LISTENS TO, CONNECTS & SUPPORTS CHILDREN & YOUNG PEOPLE UNDER 26 WHO ARE LESBIAN, GAY, BISEXUAL, TRANS OR EXPLORING THEIR SEXUAL IDENTITY TEL: 01273 721211 ALLSORTS YOUTH PROJECT**
- **GRASSROOTS APP AND STAY ALIVE APP IS A SUICIDE PREVENTION RESOURCE, PACKED FULL OF USEFUL INFORMATION AND TOOLS TO HELP YOU STAY SAFE IN CRISIS.**