



KEY CONTACTS FOR MENTAL HEALTH SUPPORT



Northumberland
County Council

healthwatch
Northumberland

*Created by the young people of
Northumberland's Youth Cabinet and Parliament*

FEELING ANXIOUS?

Name five things you can see, hear and touch.

FEELING NEGATIVE?

Try writing a list of things you are grateful for or proud of yourself for today. These can be things as small as the flowers you can see from your bedroom, or the fact you had a shower today.

STRUGGLING TO TURN OFF YOUR THOUGHTS?

Get some paper and pen and write or draw whatever comes into your head. Don't worry about making it make sense! Then you can keep or destroy it.



HOPE LINE UK



PAPYRUS
RECOVERY PARTNERSHIP

Non-judgmental support, advice and information for young people.

Telephone: 0800 068 41 41 or

Text: 07786 209697

www.papyrus-uk.org/more/hopelineuk

KOOTH



Kooth offers emotional and mental health support for young people via a website and app. You can speak anonymously to other young people or a counsellor.

www.kooth.com

YOUNGMINDS



Helpful articles and contacts for mental health support.

youngminds.org.uk

YOUNGMINDS CRISIS MESSENGER

24/7 support for young people in a mental health crisis.

Text YM to 85258 for free.



CHILDLINE

childline

Use Childline to speak to someone about how you are feeling.

Telephone free: 0800 1111

Live chat via the website:

www.childline.org.uk/get-support/1-2-1-counsellor-chat/

SELF-HELP COPING STRATEGIES

Both Kooth and Childline have helpful tools and ideas to help you cope with how you are feeling. Find these here:

www.childline.org.uk/toolbox/ coping-kit/

