

1. Improving resources

Young people from our YPAN gave us lots of ideas on how to improve a resource we had created to inform young people, who take part in our studies, about different services that offer mental health support to young people.

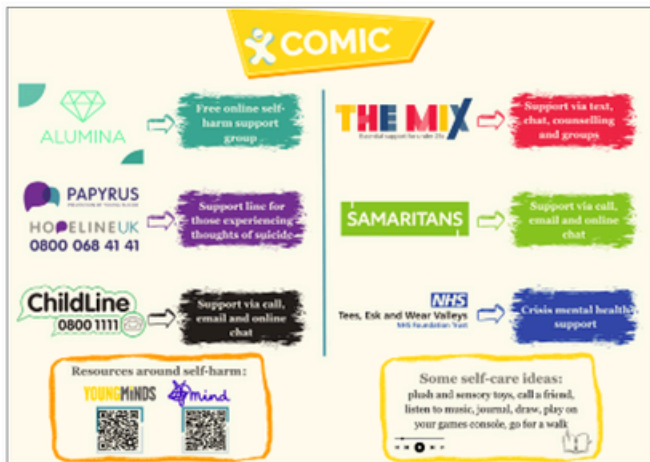


COMIC
Child and Adolescent Mental Health Service (CAMHS) crisis and liaison team
24 hours a day, 7 days a week
0800 0516 171
NHS
Tees, Esk and Wear Valleys NHS Foundation Trust

Alumina (selfharm.co.uk)
Free online self-harm support for 11-17 year olds
7 week course/group. You can self-refer (without an adult). No-one will see or hear you during the sessions, you join via a chatbox.
ALUMINA

HOPELINE247 (Papyrus)
young people who are experiencing thoughts of suicide
Call: 0800 068 4141 (open 24 hours everyday)
Text: 07860039967
Email: gotapapyrus-uk.org
PAPYRUS

The Mix
Crisis text line: 85258
Online chat (4pm-11pm, Mon-Fri)
Counselling service and support groups
THE MIX



COMIC

ALUMINA → Free online self-harm support group

PAPYRUS → Support line for those experiencing thoughts of suicide
HOPELINEUK 0800 068 41 41

ChildLine → Support via call, email and online chat
0800 1111

THE MIX → Support via text, chat, counselling and groups
Essential support for under 25s

SAMARITANS → Support via call, email and online chat
Tees, Esk and Wear Valleys NHS Foundation Trust

NHS → Crisis mental health support
Tees, Esk and Wear Valleys NHS Foundation Trust

Resources around self-harm:
YOUNGMINDS
Mind
[QR codes]

Some self-care ideas:
plush and sensory toys, call a friend, listen to music, journal, draw, play on your games console, go for a walk
[Hand icon]