

Support for Young People

Local mental health support for young people in Bath, Swindon and Wiltshire.

I want to keep a healthy mind.

Looking after yourself

Search '5 steps to mental wellbeing' on the **NHS Choices** website for simple tips on how to keep your mind healthy.

Community Services

Find out what your local community services offer, information, advice, events and activities that help you improve your health and wellbeing.

- Bath and North East Somerset - www.communitywellbeinghub.co.uk
- Swindon - www.swindon.gov.uk/info/20139/live_well_swindon_hub
- Wiltshire - www.adults.wiltshire.gov.uk/Services/1544/Wiltshire-Wellbeing



I'm struggling and need some help.

Talk to someone you trust such as a teacher or family about how you feel.

Off the record provides an area wide talking therapy service for 11-25 year olds. www.offtherecord-banes.co.uk

Kooth Free is safe and anonymous support for your mental wellbeing including live chat and online discussion boards. www.kooth.com



I have thoughts of hurting myself or someone else and need help quickly.

Mental health helpline - A mental health helpline for children and young people in Bath and North East Somerset, Swindon and Wiltshire.

- 9am-5pm on a weekday call **01865 903777**
- 5pm-9am on a weekday or on weekends call **01865 901000**

Call **111** If you are experiencing an immediate mental health crisis.

Call **999** if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



Other people who can help you

- **Young Minds:** Text **YM** to **85258** anytime for free support
- **Childline Freephone:** **0800 1111**
- **Papyrus suicide prevention hopeline:** **0800 068 4141**