

Mental Health & Wellbeing Support



If you have a safeguarding concern during the holidays or outside of school hours, please refer to the information provided below.



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

24h Mental Health
Access Team - urgent
NHS mental health
service who will
provide support and
advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☎ 111

EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☎ 999 OR GO TO A&E



MINDLER NHS

The Sandbox

The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☎ 0808 808 4994 (4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>

YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☎ 116123 (24/7)

■ Email:

jo@samaritans.org

<https://www.samaritans.org/>

childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>

shout 85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

■ Text: SHOUT to 85258 (24/7)

<https://giveusashout.org/>

Staffordshire Children Advice Support Service— 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.