



Stay Safe @ Upton

December 2023

Focus: Looking after your Mental Health

As the Christmas break is approaching, it is important to remember that in a crisis, you should not contact members of staff since they will not be able to help you when they are at home.

Please contact either local or national support services found below

Mental health support outside of school hours

Local support is available. You can speak to:

- Your Doctor (GP)
- Your local Child and Adolescent Mental Health Services call:

01244 397644

Monday to Friday 5pm-10pm

Weekends 12pm- 8pm

Mental Health crisis: CWP - 24/7 Mental Health Phone Line

If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.

Please **call 0800 145 6485** and dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people. The phone line is now the **first port of call** for mental health help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service – so **call 0800 145 6485**.

Website : <https://www.cwp.nhs.uk/services-and-locations/services/new-247-mental-health-phone-line/>

Please note: A&E and 999 are not the best places to get help for the majority of mental health problems – **call 0300 303 3972**. to be directed to the best local service to support you if you feel you are in crisis

You should **still call 999 or go to A&E if you have an immediate, life-threatening emergency** requiring mental or physical health assistance.

The following national organisations also offer support:

- The Mix - confidential support for young people: www.themix.org.uk - 0808 808 4994
- Childline - counselling service: www.childline.org.uk - **0800 1111**
- Kooth - free, safe and anonymous online counselling and support: www.kooth.com
- Youth Wellbeing Directory - find support services local to you:
www.youthwellbeing.co.uk
- On My Mind - make informed choices about mental wellbeing: www.onmymind.info
- AFC Crisis Messenger -Crisis Messenger text services provides free, 24/7 crisis support: Text AFC to **85258** if you need immediate help www.giveusashout.org