

Keeping safe and well this summer

Important information on emotional health and wellbeing support services for young people and parents



Telephone helplines



Online support



Emergency contacts

Online help

The summer is a time to relax, try new things and spend time with people. But the summer may also be a difficult time for some.

If you are worried or concerned about your mental health or wellbeing or that of a friend, the **Find Get Give** website has lots of resources to help.

From books to apps to videos, it provides you with details of local services and the support that's available over the summer.

Check it out at www.findgetgive.com and follow **Find Get Give** on



The **YMCA** has also developed some really useful advice and support about mental health and wellbeing issues.

It's aimed at parents and carers as well as young people.
Full details at ymcarighthere.com

Your **GP** can also provide advice, and in some cases arrange support services for you.

Need to speak to someone?

The city's community wellbeing service provides access to a range of mental health support for people of all ages.

Referrals can be made by calling **0300 002 0060** Monday-Friday 8am-6pm, or visit <https://brightonandhovewellbeing.org>

The city's school's wellbeing service is providing a telephone consultation line over the summer: **01273 293331**.

You can phone this line between 10am and 3pm on Mondays, Tuesdays and Thursdays.

It's a chance for parents and carers to have an informal chat with mental health workers if they are concerned about their child's emotional mental health and wellbeing. It's also a chance to ask questions in a safe, friendly environment.

Drop-in and walk-and-talk groups are also available.

Call **01273 294411** for details and bookings, or email [**bhiss@brighton-hove.gov.uk**](mailto:bhiss@brighton-hove.gov.uk)

For urgent or crisis support on mental health and wellbeing, please contact the city's child and adolescent mental health services on **0300 304 0061** (9am-5pm) or **0300 500 0101** any other time.

Other useful Phone Numbers / Websites/Apps:

Chathealth is a local service which allows young people aged 11-19 years to get confidential support and advice from their school nurse via text messaging. Monday to Friday 9am - 4.30pm throughout the year on **07480 635423**.

Winston's Wish supports children and young people after the death of a parent or sibling. **08088 020021 www.winstonswish.org**

The Allsorts Youth Project supports LGBT young people
01273 721211 www.allsortsyouth.org.uk

Childline 0800 1111/online chat

Samaritans 116 123

www.findgetgive.com

www.youngminds.org.uk

The Mix (general support for under 25s) **www.themix.org.uk**

Apps

Calm Harm, Smiling Mind, Stay Alive, Anti Stress

Texting

Young Minds Crisis Messenger text YM to 85258

Substance misuse

Worried about a young person's substance misuse? Please call ru-ok – the city's substance misuse service for young people – for confidential advice and support on **01273 293966**.

This line is open Monday to Friday between from 12noon to 3pm.
You can also visit them online at **www.socialsubcultural.com/ruok**

If you are feeling suicidal, please call the Samaritans on 116 123

If you are facing a health emergency, go to A&E or phone 999

If you are in serious danger, phone 999