

## SCOTTY'S LITTLE SOLDIERS

# Mental Health Support & Signposting



Here at Scotty's we provide emotional bereavement support to our Members and Springboarders. Our service offer falls under Tier 2 and we are therefore restricted in the level of specialist services we are able to provide. If specialist psychological support, counselling or psychotherapy is needed then we would need to signpost you to a relevant organisation.

If you or anyone you know is struggling and needs some mental health support, please reach out to one of the suggested organisations below.



In an emergency situation, if you feel unable to keep yourself or others safe always call 999. If it isn't an emergency but you require some mental health support phone or visit your GP as soon as possible and explain how you are feeling. If your GP surgery is closed call NHS 24 on 111 and press option 2 to access the NHS Mental Health Crisis Support Line.

### Samaritans

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)

Please see their website: [www.samaritans.org](http://www.samaritans.org)

### SHOUT Crisis Textline

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text SHOUT to 85258.

Please see their website: [giveusashout.org/get-help](http://giveusashout.org/get-help)

### ChildLine

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday either by calling 0800 1111 or using their online chat.

Please see their website: [www.childline.org.uk/get-support/1-2-1-counsellor-chat](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat)

### Mind

Mind's Infoline advisors provide information on a range of topics including; types of mental health problems, where to get help and support in your local area, medication and alternative treatments and advocacy. The Helpline is open 9am to 6pm, Monday to Friday (except for bank holidays)

Please see their website: [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)



### **Kooth**

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Kooth also has an online wellbeing team from 12pm- 10pm on weekdays and 6pm- 10pm on weekends offering 1:1 text-based online counselling via live chat or messaging.

\*Please note this service is limited to certain geographical locations.

Please see their website: [www.kooth.com/one-to-one-support](http://www.kooth.com/one-to-one-support)



### **YoungMinds**

A mental health charity for children, young people and their parents. Find advice and guidance online: [www.youngminds.org.uk/young-person/find-help](http://www.youngminds.org.uk/young-person/find-help)

YoungMinds run a free, confidential parents helpline, which parents / carers can call if they are worried about how a child or young person is feeling or behaving.

If you are concerned about your child you can phone 0808 802 5544 between the hours of 9:30am - 4pm, Mon - Fri). Please see their website: [youngminds.org.uk](http://youngminds.org.uk)



### **Papyrus**

Papyrus supports those under 35 who are experiencing feelings of suicide. Call 0800 068 4141 or Text 07860 039 967 (9am - midnight every day).

Please see their website: [www.papyrus-uk.org](http://www.papyrus-uk.org)



### **Hub of Hope**

A UK mental health support database provided by national mental health charity, Chasing the Stigma.

Please see their website: [hubofhope.co.uk](http://hubofhope.co.uk)



### **The Mix**

Support to under-25s about anything that's troubling them. They offer a free & confidential helpline available 365 days a year via phone, email or webchat. They also have discussion boards and live chat.

Please see their website: [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)



### **QWELL**

Offers free digital mental wellbeing support for adults across the UK.

\*Please note this service is limited to certain geographical locations.

Please see their website: [www.qwell.io](http://www.qwell.io)



### **British Association of Counsellors and Psychotherapists (BACP)**

Use their online register to find a private counsellor in your area.

Please see their website: [www.bacp.co.uk/search/Therapists](http://www.bacp.co.uk/search/Therapists)

