

MENTAL HEALTH SUPPORT AND SIGNPOSTING

Here at Scotty's we provide bereavement support and counselling.
We are not a crisis intervention service and so we share the below
details of other organisations that will be able to help.

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.

childline

ONLINE, ON THE PHONE, ANYTIME

CHILDLINE

Call **0800 1111** 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.

Please see their website: www.childline.org.uk/get-support/1-2-1-counsellor-chat/

shout 85258

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 the word 'Shout' to 85258.**

Please see their website: giveusashout.org/get-help

PAPYRUS

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Supports those under 35 who are experiencing feelings of suicide. Call their helpline 24/7 on **0300 102 2470** or **text HOPE to 88247**

Please see their website: www.papyrus-uk.org

THE MIX

THE MIX

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

www.themix.org.uk/get-support



YOUNGMINDS

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



KOOTH

Offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support. 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 see their website:

www.kooth.com/one-to-one-support



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. 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/



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?q=

GET IN TOUCH

Phone: 0800 092 8571

Whatsapp: 07392868291
opening hours: 09:00-17:00

Email: welcome@scottyslittlesoldiers.co.uk

If your situation isn't an emergency but you require some guidance, **we are here for you.** Whether you need to request a bit of extra help with how you are feeling or you would like to look to talk things through, at Scotty's we want to remind you that you are not alone and **we are here for YOU whenever you need us.**