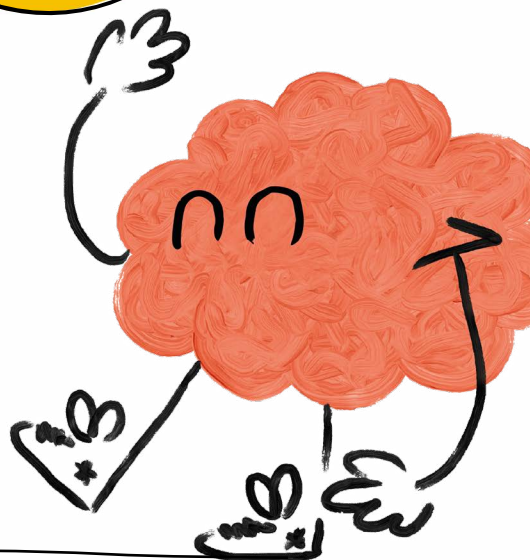


Mental Health Support

**For children and
young people in Bolton**

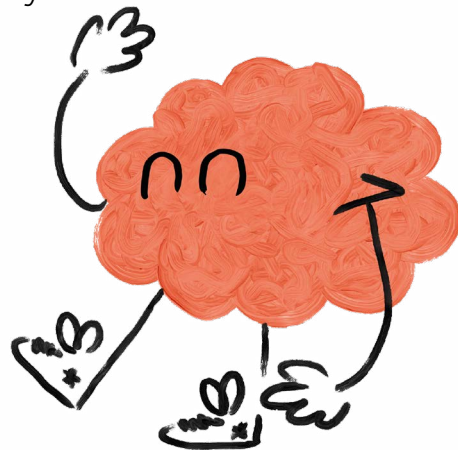


Sometimes our bodies stop working properly and we become ill. In the same way, we can have problems with our mind which affects our mental health.

The word 'mental' means 'of the mind'. It relates to how and what you think, your feelings and how you understand yourself and the world around you.

The word 'health' relates to the working order of your body and mind. So when we say 'mental health' we are talking about the working order of our mind.

In the UK lots of children and young people have problems with their mental health or emotional wellbeing at some stage; it's more common than you think! That's why we've pulled together the following information to help and support you – **Remember, it's okay to talk about it!**



Free text and online support:

Kooth - www.kooth.com

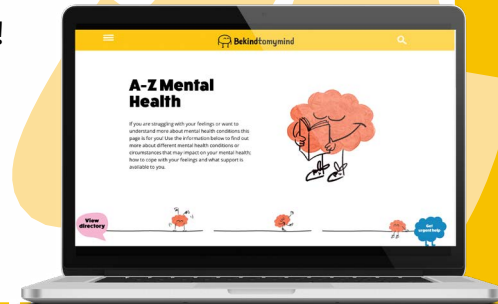
Online mental wellbeing community for young people **FREE to everyone aged 10-25yrs!**

- No need to give your name and conversations will be kept private
- Chat to friendly counsellors
- Read articles written by young people

www.bekindtomymind.co.uk

Bolton's own emotional and mental health support website!

- Designed with young people for young people
- A-Z of mental health problems
- Local directory of all mental health support services in Bolton



ChatHealth - Text 07507 331753

Text helpline for young people in Bolton

- Text a healthcare professional for information and support
- Talk about anything including mental health, alcohol and drugs, bullying and relationships (everything will be kept private)

Crisis Support for Bolton

Bolton's 24/7 crisis line - 0800 953 0285

For urgent mental health support

- Freephone number and available to anyone of any age
-

Shout - Text SHOUT to 85258

24/7 crisis text messaging service

- Day or night wherever you are
 - Every conversation is with a real person
 - You don't need an app or data
 - It won't appear on your phone bill
 - No need to give your name and conversations will be kept private
-

More services you can access on your own:

Papyrus HOPELINEUK

Support around self-harm and suicide. 9am – 12am

Open every day, call **0800 068 4141** or email **pat@papyrus-uk.org**

Conversations will be kept private

YoungMinds Textline

Free 24/7 text support. Text **YM to 85258**

Childline (under 19)

Call, chat online or email about any problem big or small

Ring **0800 11 11** or go to **www.childline.org.uk** to create a free, private account.