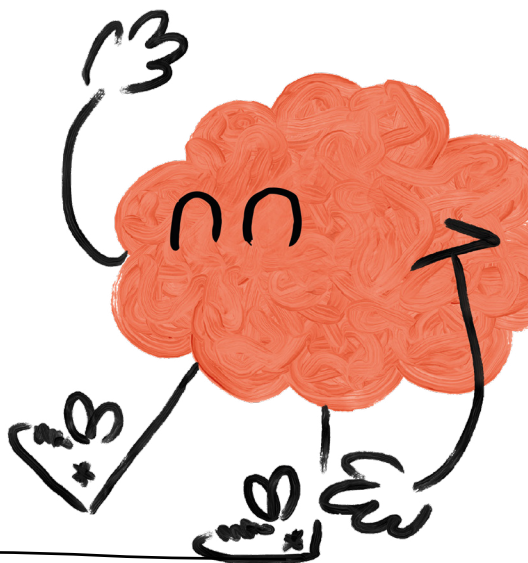


Mental Health Support

For children and young people in Bolton



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We all have mental health. Your mental health affects how you feel, think and act. Your mental health can change on a daily basis and over time, and can be affected by a range of factors.

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

It's important to look after your mental health, as you would look after your physical health. Your state of wellbeing affects how you cope with stress, relate to others and make choices. It also plays a part in your relationships with your family, community, colleagues and friends.

In the UK lots of children and young people have difficulties with their mental health or emotional wellbeing at some stage; it's more common than you think! However you're feeling right now, things can get better. And there are lots of services here to help – that's why we've pulled together the following information to support you.

Remember it's okay to talk!



Free text and online support:

Kooth - www.kooth.com

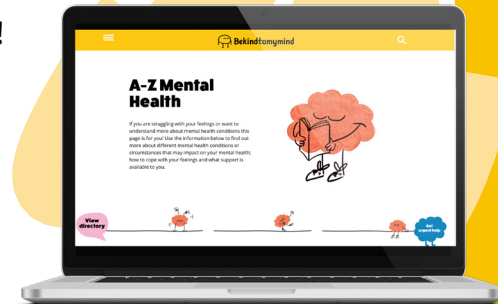
**Online mental wellbeing community for young people
FREE to everyone aged 10-25yrs!**

- 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

NHS 111

Children and Young People who are in crisis or need urgent mental health advice can call 111, select the mental health option and speak to a trained mental health professional. You can also check your symptoms online at www.111.nhs.uk/triage/check-your-mental-health-symptoms

Papyrus Hopeline247

If you or someone you care about is having thoughts of suicide speak to one of the Hopeline247 trained advisors at any time for confidential support.

Call the 24/7 Hopeline on **0800 068 4141** or visit www.papyrus-uk.org/papyrus-hopeline247

More services you can access on your own:

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.

Samaritans

A free, private and confidential service for anyone who is struggling to cope or who needs someone to listen without judgement or pressure. Samaritans is available 24 hours a day, 365 days a year.

Call **116 123** or go to www.samaritans.org