



Top tips for positive mental health from young people for everyone!

- ✓ We can talk with someone about anything
- ✓ Talk about your feelings, even if it's hard
- ✓ Play a sport, run, walk, swim, dance, ride a bike
- ✓ Get at least eight hours sleep a night
- ✓ Eat a balanced diet and drink plenty of water
- ✓ Do something that you're good at
- ✓ Care for others – people and pets
- ✓ Be proud of who you are and what you've achieved
- ✓ Count to ten and think about the effects before reacting
- ✓ Believe in yourself and smile!
- ✓ Ask for help when you need it
- ✓ Don't hang on to bad thoughts – forgive and move on
- ✓ Listen to what your body is telling you

SUPPORTING CHILDREN AND YOUNG PEOPLE

What to do in a crisis?

If you require urgent support, please contact your GP or their out of hours service. For emergency medical attention, you should go to your nearest A&E department or A&E at Glos Royal Hospital

There are various options of help and support through locally based organisations that you may find useful.

1. Teens in Crisis www.ticplus.org.uk Tel: 01594 546117
2. Cotswold Counselling Service www.cotswold-counselling.org.uk 01285 885830
3. YoungMinds www.youngminds.org.uk (web based advice and information for young people)
4. Eating Disorders: www.b-eat.co.uk
5. GDASS: www.gdass.org.uk 0845 6029035

Helplines:

1. Childline www.childline.org.uk 0800 1111
2. YoungMinds Parent Helpline: 0808 8025544
3. Samaritans National Telephone No: 08457 909090 Auto transfer to nearest available listener. 24 hour
Gloucester: between 9am & 10pm 01452 306333
Cheltenham: between 8am & 10pm 01242 515777
4. Rethink Gloucestershire Self Harm Helpline Service www.rethink.org
Telephone 0808 801 0606 Mon & Fri's 4.00–9.30pm Sat/Sun 5.30–11.00pm
Text support: 075 37410022 www.rethink.org/glosselfharm.
5. POPYRUS www.papyrus-uk.org
Provides confidential help and advice to prevent suicide in young people
Helpline: HOPELineUK: Tel: 0800 0684141 SMS: 07786 209697
6. National helpline for young people: www.getconnected.org
Provides confidential help and support: Tel: 0808 8084994 Text: 80849 Mon–Fri 1pm – 11pm and available at weekends

Helpline for professionals:

CYPS: 01452 894272