

If you need support now, here's what to do

**If you're in immediate danger:
call 999**

**If you have an urgent need, call our
crisis team on 0800 915 4644 . It's open
24 hours a day – 7 days a week.**

If you're not in a crisis, but still need support ...

If you do not need urgent support, you can talk to your mental health lead in school. They are there to listen and support you with your mental health and wellbeing. If you do not know who this is, talk to a member of school staff you trust and they will be able to help you.

Visit our website, www.mindworks-surrey.org – this offers a wide range of information which can help your mental health and wellbeing. We have resources such as [My Safety Plan](#) and [self-help tips](#) to help guide you through your wellbeing during challenging times. You'll find links to useful websites, recommended reading , plus coping strategies to help you through difficult times.

We are partnered with Kooth, who are a digital mental health platform providing confidential support for all young people. Here you can access forums, activity centres, messaging and live counselling. You can get support when you need it, with no waiting lists or need to be referred by an adult. Visit www.kooth.com for more information.

Sometimes it might feel easier to message/ text about how you are feeling and there are many places you can do this:

- **Shout** : is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258.
- **Chat Health** : is a safe and easy way for you to speak to a qualified health professional. They provide information about services near you that can provide support. Contact them through their website www.chathealth.nhs.uk

The CYP (Children & Young People) Haven is a safe space for any child or young people aged 10–18 to go where they can talk about worries and mental health in a confidential, friendly and supportive place. Scan the QR code for more information.



We also work closely with young people groups such as Amplify, their contact email amplify.mindworks@sabp.nhs.uk and Surrey Youth Voice, where your voice can help us help other young people's mental health and wellbeing services across Surrey and North East Hampshire. Contact them on 01483 519 464 or user.voice@surreycc.gov.uk

Mindworks Surrey provides a dedicated out-of-hours helpline for parents and carers of children with suspected or diagnosed neurodevelopmental needs such as ASD and or ADHD. It's open 5 pm–11 pm, seven days a week. Call 0300 222 5755.

Our partner's offer a range of groups and youth clubs for both children and young people. These are all open to self-referral and you can find out more information on our website by scanning the QR code.



**The Mindworks Access and Advice Team can also provide support in signposting you to more help.
Call them on 0300 222 5755.**

