



Specialist Autism Team

Mental Health and Emotional Wellbeing Guide



With support from Child and Adolescent
Mental Health Services (CAMHS)

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For more advice about mental health support in Leicester, Leicestershire and Rutland, scan the QR code.

What is Mental Health?



It can be tricky to define mental health because it is made up of a range of different things. It covers how you feel emotionally, how you relate to the other people in your life, how you think about things and how you behave. These areas are all linked together to make up your mental health. It can sometimes be referred to as your state of mind.

Every person's mental state is different and can vary over time. We all experience good and tricky times in life (such as making a new best friend, have a good or bad exam result) and we react differently to these events. If you are enjoying good mental health, you may cope with these experiences better than someone who is struggling with their mental health.

It is normal to feel sad during difficult times. When these feelings begin to affect your daily life and don't go away, you may need mental health support. There are lots of young people (and adults) who struggle with mental health issues; you are not alone, in fact up to 1 in 4 people will experience poor mental health at some time in their lives. The good news is that, just like physical health, poor mental health can improve and many people enjoy full recovery.

Online support

There are a range of websites that provide information, advice, links and even counselling to support you with your mental health.

Some of these include:



Specifically for young people:

YOUNGMiNDS

Young Minds

Young minds is a mental health charity for younger people. Their website has different articles, useful resources, and online crisis messenger. You can also text YM to 85258.

www.youngminds.org.uk

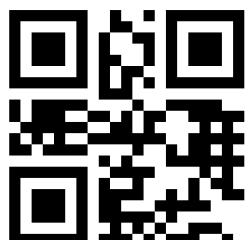
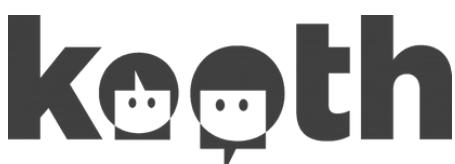




Health For Teens

Health for Teens is an online service provided by the NHS that covers large area of health and wellbeing. Their site has many different articles, quizzes and local information. Why not check out their TikTok **@healthforteensnhs**

www.healthforteens.co.uk



Kooth

Kooth is a digital mental health service. Their website has a free online counselling service for young people and has many useful articles and forums you can read.

www.kooth.com



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Child Line

Childline is a counselling service. Their website provides a free online counselling service. They also have a free phone support service on 0808 808 4994.

www.childline.org.uk



Love4Life

Love4Life specialises in supporting vulnerable girls develop their self-esteem and form positive and empowering relationships by offering Love4Life groups, one-to-ones and workshops at school and in the community.

Love4Life accepts referrals from parents/guardians, schools and other support services. If you are young person aged 16-18 you can also refer yourself.

This service is free.

www.twentytwenty.org.uk/referral-process



The Mix

The Mix offers online counselling and a has a crisis messenger for young people under the age of 25. You can contact them via their online community, on social media, through our free, confidential helpline (0808 808 4994) or theirr counselling service..

www.themix.org.uk



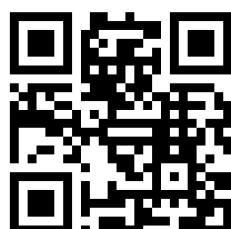
**every mind
matters**



Every Mind Matters

Every Mind Matters' helps young people be kind to their mind. It offers mental health resources include tailored advice, practical tips on sleep and self-care.

www.nhs.uk/every-mind-matters



Coram

Coram supports children either currently in or been in the care system. Coram help find adoptive families for children in need of loving, permanent homes and more.

www.coram.org.uk



First Steps

First Steps can provide help to anyone who is facing difficulty with mood, anxiety or depression, or anyone who's relationship with their body or food is impacting their life. You can refer yourself to this service.

www.firststepsed.co.uk/make-a-referral



The Bridge

The Bridge delivers a specialist advice, offering support in many different areas, but some of those areas include:

- The Youth Employability Support (YES) Project supports young people, aged 15-24 to take steps towards employment, education and training.
- Housing related advice, support, and assistance services and accommodation options to homeless.
- Mediation between young people and their families. This service can offer support in helping family members understand each other better and work out solutions to their disagreements.

www.thebridge-eastmidlands.org.uk/referral



Molehill Mountain

Molehill Mountain is an app developed especially to help autistic peoplecope with anxiety. It's based on CBT (cognitive behavioural therapy) which is autism friendly. It supports the person to log their worries – and gives tips on how anxiety works and how to manage it.

www.autistica.org.uk/molehill-mountain

Suitable for all ages



CALM

CALM's website has a helpline and a live chat that are open from 5pm to midnight everyday, 365 days a year. **Suitable for all ages.**

www.thecalmzone.net/get-support

harmLESS

harmLESS

harmLESS is a resource for those who have contact with young people who are self-harming. It is designed to help you talk about self-harm with a young person so that you can decide what support might be helpful. **Suitable for adults supporting young people.**

www.harmless.org.uk



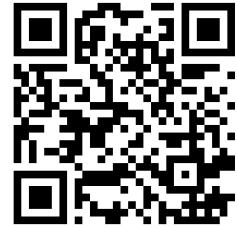
Mensoar

Mensoar is there to assist on a journey towards gaining confidence when talking about mental health. We're dedicated to supporting men and, through working together, creating a positive mental health environment for you, your friends and your family to thrive. **Suitable for adults who identify as male.**

www.mensoar.co.uk

**START A
CONVERSATION**

SUICIDE
is preventable



Start a Conversation, Suicide is Preventable

Start a Conversation aims to make it okay to start a conversation about suicide. They want to remove the stigma and myths that surround suicide, make sure people in distress have access to the help, advice and support they need, provide help, advice and support to those who have been bereaved or affected by suicide. **Suitable for all ages.**

www.startaconversation.co.uk

**clare
&me**



clare&me - AI-based mental health voice guide

Clare is artificial intelligence that gives you a safe space to speak your mind freely by listening and asking questions. You'll be guided through self-reflective exercises & grounding techniques.
Suitable for 18+ years old only.

www.clareandme.com

 **vita**
health group



Vita Health Group

Phone: 0330 094 5595

In partnership with the NHS, Vita Health Group offer a range of short-term psychological therapies .

Suitable for 16+ years old only.

www.vitahealthgroup.co.uk



Relate

Telephone: 0116 2543011

Relate provides free Family Counselling, Individual Counselling, Online and Telephone Counselling, Relationship Counselling and Sex Therapy. TEXT 07566 819842 for more information. *Please be aware this service might have costs involved.* **Suitable for all ages.**

www.relate.org.uk



Leicester City Council



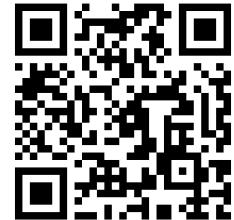
Children and Family Wellbeing service

You can consider a self-referral to the Children and Family Wellbeing service (which used to be called Early Help). This service aims to provide responsive, flexible and focused support to children, young people and their families on improving family outcomes, promoting health and wellbeing and keeping everyone safe. Support aims to be holistic, working with the whole family. Referrals can be made by parents / carers, teachers or young people over 16 years old.

If you live in Leicester city you can call this number for advice : 0116 454 1004. To make a referral you can complete a MARF form online: 'Google' Leicester Multi Agency Referral Form (MARF) - Leicester City Council.

If you live in Leicestershire county (outside of the Leicester city boundary) you can call 0116 305 8727 for advice. To make a referral you need to do this online by search for 'leicestershire request for services'; click the link: Early Help Services - Leicestershire County Council. On this page there is a link to the application form.

Suitable for all ages.



Turning Point | Health & Wellbeing

Turning point offers a wide range of health and wellbeing services, including support with:

- Learning disability and complex needs - This includes supported living accommodation, residential care and more
- Mental health support - This includes our talking therapies services, community mental health services and more
- Alcohol or drug use - This includes integrated drug and alcohol services, detox and more.
- Improving Emotional and physical health - This includes providing a number of healthy lifestyles services

Suitable for all ages (young people up to 24 will be directed to the dedicated young people's team will work with you in any location that is suitable.

www.turning-point.co.uk



Chat Autism

If issues directly related to autism are causing mental health problems like anxiety or low mood, you can ask advice from Chat Autism - a text-based support service for autistic people and their families, carers and loved ones . Please note - Chat Autism is not an emergency or crisis service. **Suitable for all ages**

Send a text to: 07312 277097
or start a chat on the link below.

www.chathealth.nhs.uk/start-a-chat/h/chatautism/

Smartphone apps



There are a range of smartphone apps that also provide information, tips, games, links and exercises to support you with your mental health. Some of these include:



Stay Alive

The **Stay Alive app** is a suicide prevention app packed full of useful information and tools to help you **stay** safe in crisis.

This app is free.

www.stayalive.app



Sanvello

The app checks in with how you're feeling so you can track your emotions and progress over time.

This app is free.

www.sanvello.com



MindDoc App

MindDoc helps if you are struggling with emotional problems. It is a personalized mental health companion that checks on you three times a day.

This app is free.

www.minddoc.com/us/en



Calm

The Calm app allows you to relax and fall asleep with meditations, music, and more. There are meditations for stress management, deep sleep, anxiety reduction, and increased concentration.

This app is free.

www.calm.com/app



Calm Harm

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm.

This app is free.

www.calmharm.co.uk



distrACT app - Expert Self Care

The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal.

This app is free.

www.expertselfcare.com/health-apps/distract/

What to do in a crisis?

Any of the following emergency services can assist a person with their mental health and wellbeing urgently:



NHS 111

The NHS 111 Mental Health Triage team provides mental health support **24 hours a day**, 7 days a week to people of all ages. You can access urgent support by ringing 111 or visiting their website.
www.111.nhs.uk/guided-entry/mental-health-help



Your GP

You can ask your GP for an emergency / same day appointment for your mental health during their opening times. Your GP should have a limited amount of emergency appointments a day they can offer for urgent medical issues. If your GP is closed, you can ring NHS 111 for support.

www.nhs.uk/nhs-services/gps/gp-appointments-and-bookings



HOPELINE UK
0800 068 41 41

HOPELINE UK

Please note this service is for children and young people under the age of 35

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 0778 620 9697

Email: pat@papyrus-uk.org

Opening Hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

www.papyrus-uk.org

Papyrus also offers non-urgent support.





Samaritans

When life is difficult, Samaritans are here - day or night, 365 days a year.

You can call them for free on **116 123** or visit

www.samaritans.org to find your nearest branch

Samaritans also offers non-urgent services.

Shout

Feeling worried or low? Need to talk?

Text **SHOUT** to **85258** for free and confidential support, 24/7.

Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill. For more information, visit:

www.giveusashout.org



Shout also offers non-urgent services.

Free 24-hour Mental Health Helpline

Telephone

0808 800 3302

If you, or someone you care about, need urgent advice or support for your mental health, you can call our Mental Health Central Access Point 24 hours a day, seven days a week free of charge and in confidence.

We're here to get you the support you need.



Please note, this service can be busy at certain times and you may have to wait for your call to be answered.

In an Emergency

If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999