

Mental Health and Wellbeing

Mrs Nicola Stoddart is the Senior Mental Health Lead at Curry Mallet School

Please use the link below for further advice and support

- [Somerset Children and Young People Health and Wellbeing](#)
- [Somerset Big Tent](#)

Information for Parents Somerset Organisations

Mindline Somerset 01823 276892

Open 24 hours a day, seven-days a week, it is open to people of all ages who need urgent mental health support. The helpline is the first port of call for mental health help – it is operated by people in your local area who will know how best to support you.

Public Health Nursing Service

Somerset County Council has launched a new mobile health service for parents and young people in Somerset making it easier for them to get health and wellbeing advice. ChatHealth is available Monday-Friday from 9am-4pm.

Parents of children 0-4: Confidential help from Health Visiting Team for parents and carers of 0-4 years.

Text 07480 635514

Parents of children 5-19 years: If you have a child 5-19 and looking for confidential help and advice? Just send a text to your School Nurse Team. **Text 07480 635515**

Young People 11-19 years: Discreet and quick. If you're 11-19 it only takes one text to start making a difference. You'll get confidential advice from your local School Nurse Team. You don't have to give your name if you don't want to: **Text 07480 635516**

Kooth – Online mental wellbeing community for young people over 11 years. www.kooth.com

Other mental health support in Somerset

Early Psychosis Team (STEP) Tel: [01823 368555](tel:01823368555) to talk about your concerns
For more information: www.sompar.nhs.uk/what-we-do/mental-health/early-intervention-in-psychosis-step/what-is-psychosis/

Somerset Direct Tel: [0300 123 2224](tel:03001232224)

Community Right Steps Free talking therapies for over 17's Tel: [01278 727447](tel:01278727447)
www.somcomhealth.nhs.uk/rightsteps

Somerset Advocacy Service Tel: [0800 970 9883](tel:08009709883)

Somerset Drug and Alcohol Service (SDAS) www.somersetdap.org.uk/
Somerset Drug and Alcohol Service offers free, confidential advice and support to anyone whose life is being adversely affected by drug and/or alcohol use. They offer help to anyone whatever

their age, as well as their partners, other family members and friends. 24 hours a day, 7 days a week
Tel: [0300 303 87 88](tel:03003038788)

Turning Point Drug and Alcohol Service Tel: [01823 328 463](tel:01823328463)

On The Level Drug and Alcohol Service for under 18's Tel: [01749 836 727](tel:01749836727)

Phoenix project

Support for children and young people who have experienced child sexual abuse plus support for families and training for professionals Service run by Barnardo's and SARSAS [Somerset Phoenix Project](#)

Parent and Carer Support - The Phoenix project is also offering an anonymous email service as a safe supportive space for the parents or carers to explore their thoughts and feelings regarding the impact of trauma on themselves and the family.

Please visit our website and share this link for more details.

<https://www.somersetphoenixproject.org.uk/for-parents-and-carers/anonymous-email-support>

Somerset Suicide Bereavement Support Service Offers general practical and emotional support through 1:1 sessions or a new young people's peer support group
www.suicidebereavement.wixsite.com/somerset

Somerset and Wessex Eating Disorders Association www.swedauk.org
Tel: 01749 671318

Specialist Mental Health Services www.sompar.nhs.uk

2BU Somerset www.2bu-somerset.co.uk

Offers a range of youth support services to young people in Somerset who are coming to terms with their sexual or gender identity.

Young Somerset www.youngsomerset.org.uk/wellbeing-support

Young Somerset offers access to Children and Young People Wellbeing Practitioners, who provide low level mental health support, either 121 or through groups. A Practitioner can be accessed in different ways including; self-referrals, GP Surgeries, Youth Groups and some Education settings. Support young people aged 8-19 with their mental health.

Useful telephone numbers

Somerset direct and targeted youth support: 0300 123 2224

Integrated therapy service: 0303 033 3002

Young Minds: 020 7089 5050

Children with Autism Outreach team: 01458 241460

Adoption Support Team: 01278 437359

CRUSE YP service Somerset: 01458 898211
(Simple Bereavement) (10.30-1.30)

Suicide Support Pilot project: 0300 330 5463
(supporting adults bereaved)

Childline: 0800 1111

Domestic Abuse Helpline: 0800 6949999

Refuge (24 hr crisis counselling service): 08705 995443

Somerset Dyslexia Assoc: 01278 732671

Dental Phobia: Dental Health Foundation Helpline: 08450 631188

FAMILY Mediation (Somerset) – charge: 01823 352013

Parent Partnership – help with education matters: 01823 355578

Rape Crisis helpline (Bristol): 01179 298868

RELATIONSHIP Somerset (ex RELATE): 07979 526401

Samaritans: 08457 909090

National Organisations

ADFAM www.adfam.org.uk Tel: 020 7553 7640
Offers information, support groups and advice for families affected by drugs and alcohol

Beat www.b-eat.co.uk
Youth line: 0845 634 7650
Adult line: 0845 634 1414
Information, support and advice around eating disorders

The Bridge www.turntothebridge.org Tel: 0117 342 6999
Local sexual assault support service for men, women and young people

Charlie Waller Memorial Trust www.cwmt.org.uk
Free mental health resources and training

Childline www.ChildLine.org.uk Tel: 0800 1111
Free and confidential helpline for children & young adults in the UK

Gamcare www.gamcare.org.uk Tel: 0808 8020 133
Provides confidential counselling advice, information and support for anyone affected by a gambling problem

HOPELineUK www.papyrus-uk.org/hopelineuk **Tel: 0800 068 41 41**

HOPELine UK is a confidential support and advice service for: Young people under the age of 35 who may be having thoughts of suicide or anyone concerned a young person may be having thoughts of suicide.

Opening hours are 9am-10pm weekdays, 2pm-10pm weekends, and 2pm-10pm Bank Holidays.

Email: pat@papyrus-uk.org

Text 07786 209697

iHop – Supporting all professionals to work with offender’s children and their families
i-HOP is a one-stop information and advice service to support all professionals in working with children and families of offenders, bringing together useful information in one place.
www.i-hop.org.uk

Kooth - Online counselling, information and young people forums www.kooth.com

Somerset Integrated Domestic Abuse Services (SIDAS) 0800 6949999

24 hour National Domestic Violence Helpline Tel: 0808 2000 247

Mental Health Foundation www.mentalhealth.org.uk

The Mental Health Foundation have published a guide for youth workers which is designed to help embed effective mental wellbeing improvement practices
[Mental Wellbeing in Youth Work Practice](#)

Mermaids UK www.mermaidsuk.org.uk **Helpline** 0808 801 0400

Open Monday-Friday 9am-9pm

Individual and family support for teenagers and children with gender identifying issues.

National self-harm network www.nshn.co.uk

PAPYRUS www.papyrus-uk.org Helpline: 0870 170 4000

(Parents Association for the Prevention of Young Suicide)

Parentline Plus www.parentlineplus.org.uk Tel: 0808 800 2222 (24 hours)

Provides a wide range of information, support and advice to parents, including email support through the website

Rethink www.rethink.org Tel: 020 8974 6814

Information, advice and support to people affected by serious mental health problems

Royal College of Psychiatrists

www.rcpsych.ac.uk/expertadvice/treatmentwellbeing.aspx

Treatments and Wellbeing index: readable, user friendly and evidence based information about mental health treatments.

Safe use of the Internet www.netaware.org

The Safe Network www.safenetwork.org.uk

Provides information and resources to help keep children safe

The Samaritans www.samaritans.org.uk Helpline: 08457 909090

Available 24 hours a day to listen to people in distress and to provide emotional support

Self-Injury Support

Provides information and support for girls and women who self-harm. Email and web chat available. <https://>

Website: www.selfinjurysupport.org.uk

Telephone helpline available 0808 800 8088

Text support available 07537 432 444

Shelf Help www.reading-well.org/shelfhelp

The Reading Well books have been chosen by young people and experts to help young people through difficult feelings and experiences that can affect wellbeing. The books on the Reading Well list are available in main libraries throughout Somerset.

The Somerset Team for Early Psychosis (STEPS Team) 14-35 years.

Tel: 01823 368350

Somerset Parent Carer Forum www.somersetpcf.org.uk

Somerset and Avon Rape and Sexual Abuse Support www.sarsas.org.uk

SARSAS have created an online tool to help professionals and concerned others signpost people living with the consequences of rape and sexual abuse to access the excellent specialist organisations across the region
www.survivorpathway.org.uk

Somerset & Wessex Eating Disorders Association www.swedauk.org

Talk to Frank www.talktofrank.com Tel: 0800 776 600
Provides free and confidential information and advice about drugs

Young Minds www.youngminds.org.uk Tel: 0800 018 2138
Website provides information and advice for parents, children and young people, and professionals