

# Knowing your mental health

**Mental health is just like physical health, everybody has it, and it's important to take care of it.**

**Growing up isn't always easy. Children and young people face a lot of challenges and it can be difficult to cope with everything life throws at you.**

**Feeling down some of the time is normal, but if you want to talk to someone about your thoughts or feelings, there are plenty of routes you can take. This guide aims to help you find the support and advice for whatever it is you're going through.**

## The facts

One in 6 young people experience mental health difficulties, that's five in every classroom. When someone faces struggles with their mental health, it's no fault of their own. Mental health issues do not discriminate and can affect anybody no matter what their life is like.

If you or somebody you know wants to talk about any thoughts or feelings you don't understand, there is always someone who will listen.

## Schools and colleges

Your school or college can help you to access a range of support that is delivered by our local services. Speak with your school/college pastoral lead to find out how to access this.

**Childline** is a free and confidential helpline that anyone under 19 can contact to talk about any issues or worries they have, big or small.

☎ 0800 1111 🌐 [www.childline.org.uk](http://www.childline.org.uk)

Also contact via: ✉️ + 🗣️

Limited hours

**Kooth** is an online platform, where young people aged 11-25 can safely access free, anonymous support from trained counsellors, and from a community of peers.

🌐 [www.kooth.com](http://www.kooth.com)

Also contact via: 🗣️

Limited hours

**Shout** is a free and anonymous texting service for young people going through a personal crisis. It can provide immediate help, anytime, anywhere.

✉️ SHOUT to 85258

🌐 [www.giveusashout.org](http://www.giveusashout.org)

24 hours

**The Mix** has a free, confidential phone line, webchat and crisis text line, to help refer young people to the best possible help, whatever problem they are facing.

☎ 0808 808 4994 ✉️ THEMIX to 85258

🌐 [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

Also contact via: ✉️ + 🗣️

Limited hours

**Samaritans** is a free, confidential helpline that offers a safe space to talk about anything. They won't judge, or tell you what to do, they just listen.

☎ 116 123 🌐 [www.samaritans.org](http://www.samaritans.org)

Also contact via: ✉️ + 🗣️

24 hours

**Papyrus** is a charity that helps young people experiencing thoughts of suicide. Trained advisors can confidentially help you stay alive and safe, or support someone else to do so.

☎ 0800 068 41 41 ✉️ 07860 039967

🌐 [www.papyrus-uk.org/get-in-touch](http://www.papyrus-uk.org/get-in-touch)

Also contact via: ✉️ + 🗣️

Limited hours

**On My Mind** offers free online resources to empower young people aged 10-25 to make informed decisions about their mental health. They provide information on your rights, self-care, how to help a friend, and jargon busting.

🌐 [www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)

24 hours

**Mind** is a charity who campaign to raise awareness around mental health support and to improve services. They provide information to anyone having a difficult time, to help them find support.

☎ 0300 123 3393 ✉️ 86463

🌐 [www.mind.org.uk/need-urgent-help/](http://www.mind.org.uk/need-urgent-help/)

Also contact via: 🗣️ + ✉️

Limited hours

**SANELine** offers confidential one-to-one support for those aged over 16, for when your own mental health, or that of someone you know, is affecting you.

☎ 07984 967 708 (leave a message)

🌐 [www.sane.org.uk](http://www.sane.org.uk)

Also contact via: ✉️ + ✉️

Limited hours

**CAMHS** are the NHS services that help young people struggling with their mental health. Your GP or a school professional can refer you for a face-to-face appointment.

🌐 [www.youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/](http://www.youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/)

Also contact via: ✉️ + 🗣️ + ✉️

Limited hours

### Contact key:

☎ Call 🌐 Website ✉️ Text ✉️ Email  
🗣️ Chatline 📄 Write a letter



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA