



## Mental Health and Wellbeing – Signposted Support

### Support for Children

#### **Young Minds**

Young Minds offers information to children and young people about mental health and emotional wellbeing.  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

### Support in Sutton

#### **Off The Record (OTR): For children aged 11-25.**

Sutton young people's counselling service offers a weekly drop in service or online counselling. [www.talkofftherecord.org/sutton](http://www.talkofftherecord.org/sutton)

## Websites, Apps and Telephone Support

#### Anxiety and Depression

##### **Positive Penguins (for children)**

Aimed at 8-12 year olds, this app helps children understand their feelings and challenge negative thinking.  
[www.positivepenguins.com](http://www.positivepenguins.com)

#### Bereavement

##### **Cruse Bereavement Care**

Cruse offers support, advice and information to children, young people and adults when someone dies. Support includes face-to-face, online, telephone and email support.  
Phone: 0844 477 9400  
[www.crusebereave.entrance.org.uk](http://www.crusebereave.entrance.org.uk)

#### Eating Disorders

##### **Beat**

Phone: 0808 801 0677 (adults) 0808 801 0711 (for under-18s)  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

#### Self Harm

##### **Self Harm UK**

A charity supporting young people aged 11-19 who self harm.  
[www.selfharm.co.uk](http://www.selfharm.co.uk)

#### Suicide Prevention

##### How to help a suicidal young person

Ensure the young person is not left alone.

##### Seek immediate help:

- Call emergency 999 or
- Take the young person to hospital A&E or
- Phone their GP for an emergency home visit or appointment
- Call the NHS 111 Service
- Call the Samaritans on 116 123

##### **PAPYRUS**

Young suicide prevention society. They have a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide.  
Phone: HOPElineUK 0800 068 4141  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

## For Parents

##### **Minded**

Provides free 'e-learning' to help adults to support wellbeing and identify, understand and support children and young people with mental health issues.  
[https://mindedforfamilies.org.uk/Content/talking\\_to\\_my\\_child/#/id/59c0f796928ba1116a891716](https://mindedforfamilies.org.uk/Content/talking_to_my_child/#/id/59c0f796928ba1116a891716)

##### **Place2Be**

Supporting your child's mental health:  
<https://www.place2be.org.uk/what-we-do/parent-carer-resources/supporting-your-childs-mental-health.aspx>

## Support for Adults

### Support in Sutton



PROMOTING HEALTH & WELLBEING IN SUTTON

#### **Sutton Uplift**

**Tel: 0800 032 1411 or 0203 513 4044**

Sutton Uplift is a free service for anyone living in Sutton experiencing difficulties and symptoms related to stress, anxiety and depression. They offer support through: self-management courses, therapies, assessments and recovery and wellbeing support.



## Websites, Apps and Telephone Support



##### **Mind**

A mental health charity providing information and advice to people with mental health needs, including where to get help.  
**Mind Infoline: 0300 123 3393**  
**Text: 86463**  
[www.mind.org.uk](http://www.mind.org.uk)

##### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.  
SANEline: 0300 304 7000  
Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)  
[www.sane.org.uk/support](http://www.sane.org.uk/support)