Greater Manchester Mental Health NHS Foundation Trust

Care Plan/Keep Safe Plan

Advice for Children/Young People

Sometimes things can seem overwhelming, and you may feel like you are struggling to cope. You may be having a bad day, or you may find that you've been feeling this way for some time and you need support.

The important thing is not to try to cope on your own. People are there to help you.

Who can I ask for support?

- A member of your family, a friend or someone you trust
- A professional such as your GP or school teacher
- Wigan CAMHS staff on 01942 764473

Who can I talk to when no one else is around?

We know it can be difficult to pick up the phone, but there are a number of helplines that can help if you need someone to speak to when no one else is around, or if you don't feel able to speak to someone you know:

- **Call Samaritans on 116 123**
  Samaritans operates a 24-hour service, which is open every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at: jo@samaritans.org
- **Call Papyrus on 0800 068 4141 or text: 07786209697**
  Papyrus offers support if you are having thoughts of suicide. It is a confidential service offering support and advice. They also have a text messaging service: 07786209697
- **Call Childline on 0800 1111**
  Childline is a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill. You can also speak to a counsellor through an online one-to-one chat by visiting: *www.childline.org.uk/get-support/1-2-1-counsellor-chat*
- **Call HopeLineUK on 0800 068 41 41**
  HopeLineUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to support teenagers and young adults who are feeling suicidal. They also have a text messaging service (text 07786 209 697) or you can email them at: pat@papyrus-uk.org

Where can I get information, support and advice?

Mood Juice, Young Minds, Kooth and **The Mix** have various workbooks, resources and information on difficulties such as anxiety, depression and anger that contain advice and strategies to help you cope. They also have support to help you cope in a crisis.

What should I do in a crisis or emergency?

If you feel you are at risk, that you can't keep yourself safe or if you have harmed yourself, you should tell an adult and visit your nearest accident and emergency department for immediate help.

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Useful Contacts	
Emergency Services (Police, Ambulance etc) Call: 999	24 Hours and 7 days a week
Wigan CAMHS Call: 01942 764473	Open Monday – Friday 9am-5pm
Papyrus Hopeline Call: 0800 068 4141 Text: 07786209697 or Email: pat@papyrus-uk.org	10am – 10pm weekdays 2pm – 10pm weekends 2pm – 10pm bank holidays 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
Samaritans Helpline Call: 116 123 Email: jo@samaritans.org	We're here round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. This number is FREE to call. You don't have to be suicidal to call us.
YoungMinds Text: YM to 85258	Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
Childline Phone: 0800 1111 Website: www.childline.org.uk/get-support/1-2-1-counsellor-chat	Our trained Childline counsellors are there for young people 24 hours a day, every day of the year. Childline is a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill. You can also speak to a counsellor through an online one-to-one chat by visiting:
Kooth Website: www.kooth.com	Online counselling service that young people can use and it is free, safe and anonymous online support for young people Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm
Wigan Mental Health Urgent Response Team 0800 051 3253	24/7 mental health crisis line for people of all ages in Wigan

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