

Mental health support for children in Herefordshire and Worcestershire



I'm happy - Looking after your wellbeing

Here are some ideas of things you can do to keep feeling happy. They're known as the 5 ways to wellbeing.

1. Keep active: run, jump or do sports
2. Take notice: paint what you can see, listen to sounds or play I spy
3. Connect: talk and make new friends
4. Keep learning: how you want to
5. Give: help at home or share with friends



I feel sad or worried

Talk to someone you trust, like a family member, a close friend or a trusted adult for example your teacher or someone at school about how you feel.

Visit the CAMHS website to access helpful guides and activities that can help you to manage how you're feeling. You can also find the contact details for local mental health and wellbeing services:

www.camhs.hacw.nhs.uk



HELP!



I have thoughts of hurting myself or I am in danger

Call the Herefordshire and Worcestershire urgent mental health helpline, open to people of all ages and family/carers 24hrs a day

 **0808 196 9127**

If you are really hurt, have taken medicines you shouldn't or if you are at risk of immediate harm,

 **999** or go to your nearest emergency department.

Other services who can help

-  Call 116 123 or email: jo@samaritans.org to talk to Samaritans
-  Text "WOO" in Worcestershire or "HERE" in Herefordshire to 85258 to contact the Shout Crisis Text Line
-  If you're under 19, you can call 0800 1111 to talk to Childline. The number will not appear on your phone bill.

If you're worried about a child's mental health

- Share your concerns with the child's school
- Visit the CAMHS website: www.camhs.hacw.nhs.uk
- If you are a parent or carer speak to your child's GP
- Young Minds parent support: www.youngminds.org.uk/parent

If you need urgent advice, contact the **Herefordshire and Worcestershire urgent mental health helpline on 0808 196 9127** (available 24 hours, 365 days a year).



Scan the QR code to access support and information online.