

# 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](http://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](mailto: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](http://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](http://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.