

Support for Young People:

- **Mental Health Connect:** Cornwall Partnership NHS Foundation Trust switchboard can direct calls to the appropriate team (available 24/7) – **01208 251300** / **0800 038 5300** directly.
- **ChildLine**, a free private and confidential services where people under 18 can talk about anything available 24/7, free phone – **0800 1111** / <https://childline.org.uk>
- **Samaritans**, for confidential time to talk, available 24/7, free phone – **116123** / <https://samaritans.org/> email - jo@samaritans.org
- **HopeLine UK** by Papyrus, a confidential support and advice service for young people open 1000-2200 weekdays, 1400-2200 weekends and 1400-1700 bank holidays, free phone – **0800 068 4141** / **07786 209697** <https://papyrus-uk.org>
- **Start Now** – a page created and run by young people in Cornwall to support with all aspects of wellbeing and emotional health <https://startnowcornwall.org.uk>
- **Young Minds** is a charity who support and empower young people around mental health support – <https://youngminds.org.uk> with YoungMinds Crisis Messenger for 24/7 support - Text 'YM' to **85258**.
- **ChatHealth confidential messaging service** <https://www.cornwall.gov.uk/chathealth>
Young people aged 11-19: **07312 263 096**

National Phone / text lines:

- Childline – **Tel. 0800 1111**
- Kooth – **www.kooth.com**
- YoungMinds – **www.youngminds.org.uk** 24hr Crisis Messenger: **Text 'YM' to 85258**
- Parent Helpline - **0808 802 5544**, 9:30am-4pm, Mon–Fri

Apps:

While not a replacement for medical / mental health support, these apps can be useful to manage some symptoms / distress.

- **SAM (Self-help Anxiety Management)** is an app that will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. Visit <https://sam-app.org.uk> for more information.
- **CalmHarm** uses Dialectical Behavioural Therapy (DBT) based principles to resist or manage the urge to self-harm. Visit <https://calmharm.co.uk> for more information.
- **Stay Alive** is an app full of resources, information and tools to help stay safe in a crisis. It includes help for safety planning. Visit <https://prevent-suicide.org.uk> for more information.

Support for Parents:

Early Help Hub :

Tel: 01872 322277 / email: earlyhelphub@cornwall.gov.uk

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/>

Mental Health Support for Parents and Young People in Cornwall:

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-support-for-parents-and-young-people/>

School Nursing Team:

For any general advice please contact the school nurse advice line

HV/SN Advice Line 01872 324261 / hvsnadvice@cornwall.gov.uk

ChatHealth confidential messaging service – more info at

<https://www.cornwall.gov.uk/chathealth>

Young people aged 11-19: **07312 263 096**

Parents / carers of children and young people aged 5-19: **07312 263 499**

Parents / carers of children aged 0-5: **07312 263 423**

Young Minds Parents Helpline and Webchat

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Online Support Courses:

Access to the free online courses is available at <https://inourplace.heiapply.com/online-learning/> - you will need to register, and use the code **TAMAR** for free access.

- Understanding your teenager's brain (short course) – for parents
- Understanding your brain – for teenagers
- Understanding your feelings – for teenagers
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your teenager