



# Mental health support for children, young people and families during COVID-19

This is a worrying time for everybody and it is completely normal if you feel sad or lonely at this time. If you're struggling to cope with your feelings, help is out there to support your mental health and mood. Here are some services and charities that are here to listen and support you.

**"I feel like life is not worth living and I don't know where to turn."**

**What should I do?**

**Who can help me?"**

Call **999** or go to **A&E** if:

- Your life is at risk
- You do not feel able to keep yourself safe

Call **Central Access Point** 24 hours a day, 7 days a week on **0116 295 3060** if:

- You have an urgent mental health need during the COVID-19 pandemic

Call **NHS 111** or ask for an urgent **GP** appointment if:

- You need help urgently for your mental health, but it's not an emergency
- You are struggling to cope

**"I am struggling to cope and feeling down."**

**What can I do?"**

**Healthy Together 0-19 service (School Nursing)** – a confidential, secure text messaging service (ChatHealth) for advice and support on areas including exam stress, mental health, anxiety, self-harm and sexual health. Text **07520 615386** if you live in Leicester or **07520 615387** if you're in Leicestershire or Rutland.

**Kooth** – your online wellbeing community for free, safe and anonymous support and counselling. [www.kooth.com](http://www.kooth.com)

**talk2sort Mediation Service** – if you are aged 11-19 and you and your family are having problems at home or with your relationships, this service could help.

[www.thebridge-eastmidlands.org.uk/services/talk2sort](http://www.thebridge-eastmidlands.org.uk/services/talk2sort)

**"I am feeling more worried than usual."**

**How can I feel better?"**

**Childline** – call **0800 1111** or speak to a counsellor online at [www.childline.org.uk](http://www.childline.org.uk)

**The Mix** – a friendly support service offering telephone and instant messaging support to anyone under 25. Call **0808 808 4994** or go to [www.themix.org.uk](http://www.themix.org.uk)

**Family Action** – provides practical, emotional and financial support. Contact FamilyLine by calling **0808 802 6666**, by texting **07537 404 282**, by emailing [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk), or via live web chat. [www.family-action.org.uk](http://www.family-action.org.uk)