



KMPT - NEED HELP?

Kent and Medway NHS and Social Care Partnership Trust (KMPT) signpost to a range of different services depending on your age, location and health need
<https://www.kmpt.nhs.uk/need-help>



RELEASE THE PRESSURE

is a free, 24 hour confidential service offering support for mental health and well-being
Text the word SHOUT to 85258 or call 0800 107 0160 for free confidential support at any time

CALM HARM

Calm Harm is a free app that helps you to manage or resist the urge to self-harm
<https://calmharm.co.uk>

SELF-HARM SUPPORT

KOOTH

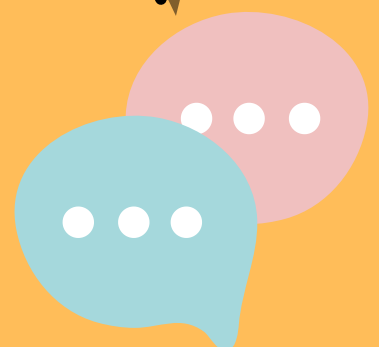
is an anonymous site for children / young people where they can have 1:1 chats with a qualified counsellor about their worries. Children & young people can also talk to others & get advice from people their age
<https://www.kooth.com/>

HARMLESS

harmLESS is a resource for those who have contact with children / young people who are self-harming. It can help you talk about self-harm with them so that you can decide what support might be helpful
<https://harmless.nhs.uk/>

ALUMINA

is a free online 7 week course for children / young people aged 10-17 struggling with self-harm, all accessing the sessions from their own phones, tablets or laptops across the UK
<https://www.selfharm.co.uk/>





HOPELINE247

is a helpline for children / young under the age of 35 who are experiencing thoughts of suicide or for anyone concerned about a child / young person thinking about suicide
Call: 0800 068 4141 / Text: 88247 /
Email: pat@papyrus-uk.org
<https://www.papyrus-uk.org/papyrus-hopeline247/>



SAMARITANS

You can contact a Samaritan if you need someone to listen & talk to, any time, day or night – Call 116 123
Email: jo@samaritans.org (email responses may take longer)
<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

CHATHEALTH

Chat health is a secure NHS approved text messaging service. All Medway children / young people aged 11 – 19 can text 07480 635 786 to start a conversation with a School Nurse

SELF-HARM SUPPORT

A BETTER MEDWAY CHILD HEALTH

If you would like more information on the support provided by Medway Council check out the child health mental health pages on the Council Website
https://www.medway.gov.uk/info/200580/child_mental_health

CHILDLINE

You can talk to childline about anything. No problem is too small or big. Call on 0800 1111 or chat to them online
<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/>

YOUNGMINDS

Young Minds offer advice & information to give children / young people the tools to look after their mental health as well as advice & support for parents / carers
<https://www.youngminds.org.uk>

