

Mental health support for under 18s in Manchester during the pandemic

For urgent support: If you need immediate support with your mental health in order to stay safe, you can **call 999** and request an ambulance or go straight to **A&E**. You can also call **NHS 111** or request an **emergency GP** appointment. You could also use a dedicated 24-hour crisis support messenger service, run by Young Minds or The Mix, just for young people:

- **Young Minds** 24-hour crisis messenger (under 25s): text **YM** to **85258**
- **The Mix** 24-hour crisis texting service (under 25s): text **THEMIX** to **85258**



If you don't find the right support on here or find a service has been impacted by coronavirus, please don't give up – there will be more. You could search online, ask a professional or contact a related service and ask them to direct you to appropriate support.

The following numbers are specifically for children and young people to call to access support for themselves. Parents who are concerned about a young person can find appropriate contacts on the larger list. Children and young people may also choose to phone a number from the larger list; most offer support to people of any age.



Find support now:



Beat provides support with and information about eating disorders. They have a dedicated number just for children and young people - **0808 801 0711** and another just for students - **0808 801 0811** (Monday to Friday 12pm to 8pm & Weekends 4pm to 8pm)

Childline children and young people can speak directly to a trained counsellor. You can talk about any worry or concern, no matter how big or small. There is also an online chat service and email service, plus their website offers helpful advice and information on many issues. Helpline: **0800 1111** *Childline is usually a 24-hour service but right now they can only open between 9am and midnight.

Kooth offer online counselling for young people every day (Monday to Friday 12pm to 10pm, weekends 6pm to 10pm): www.kooth.com

Papyrus work to prevent suicide in children and young people. They will support you if you are experiencing thoughts of suicide (Monday to Friday 9am to 10pm & Saturday and Sunday 2pm – 10pm): call **0800 068 4141** or text **07786 209697**

The Mix helpline (not crisis support – see above for dedicated crisis service) can provide support and advice on a wide range of issues and concerns. Find useful information on their website as well as a 1-1 online chat (helpline open 4pm to 11pm daily): **0808 808 4994**

Young Minds don't have a helpline (but see above for their crisis service) although their website provides helpful information and advice for children and young people concerned about their mental health.

Some options for face-to-face support, once life returns to normal:

The following services won't be available right now

42nd street offer psychological therapies for 13 to 25 year olds in Manchester. You can self-refer via their website. They also run various projects and activities; some involve art, meeting new people, going on trips or helping to shape the way 42nd street works. Find more details on the web page below or give them a call. Phone: **0161 228 7321**, Website: <http://42ndstreet.org.uk/>

Mind run drop-in services specifically for children and young people. You can speak to someone who is qualified to help you with your mental health concerns and direct you to ongoing support if you need it. Phone Manchester Mind on **0161 769 5732** to find out if this runs in your area. They also provide a free counselling service in Levenshulme for Manchester residents aged 15-25. This can help you cope with various mental health conditions and difficult life experiences. See <https://www.manchestermind.org/our-services/young-people/cyp/counselling/>