

# MENTAL HEALTH AND WELLBEING SUPPORT



## Mental Health Support Over the Holidays

### General and Emergency Support

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**Shout** provides young people with access to free, confidential and anonymous support 24/7 via text.

Text: 85258

See webpage: <https://giveusashout.org>



**Childline** offer free confidential help to young people online through their 1-2-1 counsellor chat, or on the phone.

Phone: 0800 1111

Online counsellor chat:

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



**Young Minds** provides mental health support to both young people and their parents and is a good source of information on mental health conditions.

See webpage: <https://www.youngminds.org.uk>

Their parent helpline is available Monday - Friday  
9:30am - 4:00pm - 0808 802 5544 (phone or webchat).

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



**Papyrus** is dedicated to the prevention of suicide in young people. They are available 24/7 to support young people feeling suicidal or those concerned about them. In an emergency however, please take your young person to A&E.

Phone: 0800 068 41471

Text: 07860 039967

<https://www.papyrus-uk.org/papyrus-HOPELINE247/>



## General Mental Health and Wellbeing Support at Tynecastle High School

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Scan here to access the **mental health and wellbeing resources** that are available on our website, alongside other recommended websites and services.



If you have concerns about your young person during term time, you can contact **Place2Be, the school counselling service** for support through the Place2Be enquiry form on the front page of the school website.

Place2Be are in school on Tuesdays, & Wednesdays, as well as Thursday afternoons, offering drop in **Place2talk** sessions and regular counselling support.

