

# MENTAL HEALTH AND WELLBEING SUPPORT



## General and Emergency Mental Health 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: 0300 102 2470

Text: 88247

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

## 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.



### School Counselling Service

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

The school counsellor is in school Monday to Thursday offering mental health check ins as well as blocks of weekly counselling support.