

Mental Health Support Teams in Schools

Useful websites & services



The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can even create your own Safety Plan.



The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal and those supporting them.



The Calm Harm is a free app you can download that provides some immediate activities and techniques to help you break the cycle of self-harm.



If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support.



When life is difficult, Samaritans are here - day or night, 365 days a year. You can call them for free on 116 123



Tellmi provides young people with a safe and anonymous space to discuss their feelings, seek support, and receive pre-emptive counselling when necessary.



For urgent mental health support call:
NHS Direct
on
111 and select option 2.



For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code left.



You can also visit our website by scanning the QR code on the left.

