

WHERE DO I START?

Everyone needs a little bit of help sometimes, and it's not always easy to know where to start. This leaflet is designed to give you some more information about looking after yourself and connecting to other organisations who are there to help you.

MENTAL HEALTH

There are many different kinds of mental health problems and they can affect each young person differently and for a different amount of time.

WHAT SHOULD I LOOK OUT FOR?

It's quite normal to feel worried, anxious or upset sometimes. This can happen when we face pressure in our lives or things that don't go as we had hoped.

However, if you or someone you know has persistent worries, anxieties or difficult feelings that interfere with everyday life, it might be time to ask for help from a mental health specialist. Disruptions to everyday life might include:

- Not being able to study or go to school
- Not being able to eat or sleep
- Not feeling able to go out with friends
- Not feeling able to take part in favourite hobbies

Mental health problems affect 1 in 10 young people. If you think you might be one of them, remember you are not alone.

WHERE CAN I GET HELP?

If you are worried about the way you're feeling or what you're thinking, it's often a good idea to speak to someone you trust. This could be a friend, relative, doctor or anyone else you feel will listen to you carefully and take what you say seriously. The earlier you ask for help, the better.

If you are worried about mental health issues, remember that mental health conditions can be treated and getting help early can prevent difficulties from getting more serious.

IN YOUR SCHOOL Schools have contacts and services for your wellbeing. If they can't help you, they will be able to give you some ideas of who else you could contact.

AT THE GP Mental health services are free on the NHS. See your GP to find out more about the services available to you.

FOR MORE INFORMATION:

CHILDLINE Advice on getting through a tough time: www.childline.org.uk

KOOTH Free, safe and anonymous online support for young people: www.kooth.com

THE MIX Support service for young people to talk about whatever is getting to you: www.themix.org.uk

YOUNG MINDS Online resources you can easily access: www.youngminds.org.uk

FRANK Friendly and confidential advice about drugs: www.talktofrank.com

IF YOU NEED HELP NOW, YOU CAN CONTACT:

CHILDLINE Call free on 0800 1111 to talk about anything that is getting to you.

YOUNG MINDS Text YM to 85258 for free 24/7 support across the UK if you are experiencing a mental health crisis. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

SAMARITANS Call free 24/7 on 116 123 about whatever's getting to you

FRANK Call 0300 1236600 for confidential advice about drugs 24/7 or text 82111

If you feel you need urgent help, you can also call the emergency services on 999.

VIOLENCE

It can be easy to get caught up in something you didn't set out to and feel out of control. But there are organisations who are there to help you.

HOW CAN I REPORT A CRIME ANONYMOUSLY?

For emergencies, contact the police on 999. You can also call the 101 non-emergency number when you want to report a crime or provide information about a crime or an offender.

If you don't feel comfortable or are scared of contacting the police, you can contact Nottinghamshire Crimestoppers anonymously. Crimestoppers is not the police but an independent charity. If you have information about a crime or someone involved, you can pass it on anonymously by calling 0800 555 111. They won't ask your name, your call won't be traced or recorded and you won't have to go to court. www.crimestoppers-uk.org

Fearless is the Crimestoppers youth service for 11-16 year olds where you can also pass on information about crime 100% anonymously at www.fearless.org.

I WITNESSED OR EXPERIENCED A CRIME - IS THERE SUPPORT FOR ME?

If you have witnessed or experienced a crime and you feel overwhelmed or struggle with coping, the charity You & Co will work with you from the moment you experience or witness a crime, until when you and your worker feel that you no longer need their support. Crimes can include bullying, domestic or relationship abuse, online crime, sexual abuse or child sexual exploitation, burglary and gangs or street violence. You do not have to report the crime to the police to get support from You & Co www.youandco.org.uk

FOR HELP WITH FINDING SUPPORT:

VICTIM SUPPORT SUPPORTLINE Call 24/7 free on 08 08 16 89 111

CHILDLINE Call free on 0800 1111

THE MIX Call free from 4pm-11pm every day on 0808 808 4994

If you feel you need urgent help, you can also call the emergency services on 999. If you are going through painful emotions or are in crisis, you can also see the mental health section in this leaflet for further information and immediate support.