

CONCERNED? WHERE TO GET HELP

If your child's life is at risk or they have taken an overdose call 999 or go to A&E immediately.

Being a parent can be difficult at times, but you are not alone. If you are concerned, there is lots of help out there:

- Worcestershire School Health Nurse Service or call 01905 520032, even in the school holidays
- Young people can use the confidential texting service ChatHealth by texting 07507 331750 (ChatHealth is available 9am to 5pm, Mon-Fri) As parents you can access the confidential texting service for parents via our Chat Health Parent Line 07312 263547
- Free confidential 24/7 text support for young people and you. Text "SHOUT" to 85258
- Young Minds has support for parents, carers and young people
- Worcestershire's Melo service provides a range of support, around emotional wellbeing and mental health. It identifies what matters for each child or young person and where appropriate, their family
- Free, safe and anonymous mental health support for your child on Kooth (online 12pm to 10pm weekdays and 6pm to 10pm weekends)
- For children aged 7-12 years with worries and anxieties, e.g. moving to a new school, register for the Lumi Nova App
- PAPYRUS, prevention of young suicide, call 0800 068 4141 or text 07860 039967
- Urgent help from Herefordshire and Worcestershire Health and Care NHS Trust or call NHS 111
- Childline website or call 0800 1111 anytime
- Contact your GP
- Contact Samaritans 24 hours a day, 365 days a year. Call 116 123 for free or email Jo@samaritans.org
- Child and Adolescent Mental Health Services (CAMHS) provides support for parents and carers