FORESTSIDE
MEDICAL PRACTICE

DR M WOOLLETT. DR L JOSEPH. DR P LEE-ROBICHAUD. MR A LOPEZ. DR C OWEN. DR S OLADELE

# Mental Health Services and Support Links available:

**NHS Every Mind Matters**
The Every Mind Matters portal has information and resources on:-

- Wellbeing tips
- Mental health issues
- Life's challenges
- Supporting others
- Urgent support

www.nhs.uk/every-mind-matters/urgent-support

**Solent Mind**
Supporting everyone to develop positive mental wellbeing, live well and thrive!
www.solentmind.org.uk/support-for-you/
Tel 02380 841341

**Mental Health Support (Shout)**
The Uk's free, confidential 24/7 mental health text service for crisis support.
Text 'SHOUT' to 85258
https://giveusashout.org/

**KOOTH (11 – 25 years)**
Kooth is a digital mental support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Through Kooth you can avoid some of the typical barriers to support: no waiting lists, no thresholds, no cost and you can be completely anonymous.
www.kooth.com

**Young Peoples Wellbeing**
Helping young people access the support and knowledge they need to cultivate emotional balance and mental strength, so they can thrive in every part of life.
https://youngpeopleswellbeing.org/

**Calms**
The Campaign Against Living Miserably (CALM) is leading a movement against suicide, with a mission is to help people end their misery, not their lives.
www.thecalmzone.net/

**NHS Talking Therapies Hampshire italk**
Support - free CBT programme (SilverCloud) & 6 week Managing Moods course
Treatment - Specialist Talking Therapies, Mindfulness Based Cognitive Therapy
Wellbeing Classes
Self-referrals 16 years and over
www.italk.org.uk