

## APPS

There are a variety of apps for ISO and android devices that can support your mental health.

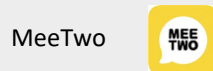
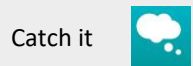
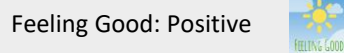
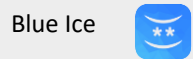
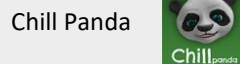
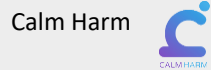
If you are concerned about online safety or bullying visit CEOP to learn about internet safety and report online abuse at [www.ceop.police.uk](http://www.ceop.police.uk)



### INSTAGRAM accounts that promote wellbeing:

**@journey\_to\_wellness** feature positive animated imagery suitable for children and young people and break down difficult concepts to something easy to understand

**@wavesofwellness\_mentalhealth** post relatable positive mental health images suitable for mature children and above that remind us that we are often not alone with thoughts, feelings and emotions.



## GENERAL

BEAT (Beating Eating Disorders) offering advice and guidance on eating disorders with a youth helpline. Tel: 0808 801 0711 Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)

CALM (Campaign Against Living Miserably) offer supports to young males struggling with low mood, self-harm and suicidal thoughts. Tel:0800 585858 Web: [www.thecalmzone.net](http://www.thecalmzone.net)

Self Harm UK offer support to individuals (14-19 yrs) dealing with and recovering

# Wellbeing Signposting Guide for young people



**Your guide to some of the local services; useful contacts, apps and webpages**

Download this leaflet here!



## mental health

**Stem4:** Teen mental health charity with useful information online on some of the issues teens face and links to useful apps for each issue

Web: [www.stem4.org](http://www.stem4.org)

### Range of mental health advice LOCAL

<https://www.portsmouth.gov.uk/services/health-and-care/health/mentalwellbeing/mental-health-advice-for-parents-and-carers/>

Mental health support for young people

<https://www.portsmouth.gov.uk/services/health-and-care/health/mentalwellbeing/mental-health-support-for-young-people/>

Solent Mind Mental health charity <https://www.solentmind.org.uk/>

Simon Says Bereavement support <https://www.simonsays.org.uk/>

## EDUCATION

In School? If you are struggle with school life, ask to speak to your Head of Year, Mental Health Lead, SENCO or Pastoral Lead for some guidance and support.

**YOUNG MINDS** [Problems at school | How To Deal With Problems At School | YoungMinds](#)

## CRISIS

If you are worried about your own feelings or someone else's suicidal thoughts or feelings you can contact a range of services for support:

In a life threatening situation call 999

Samaritans: free confidential support 24/7 call 0330 094 5717

KOOTH: [www.kooth.com](http://www.kooth.com) online Mental Health Wellbeing Community

## SEXUAL HEALTH

[Sexual health - Portsmouth City Council](#) website has lots of information, including:

Clinics – [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

The following websites also offer information and advice on sexual health issues: \***NHS Choices** \***BROOK** \***Family Planning Association** \***Think u Know**

The 4U Youth Group support young people who identify as lesbian, gay, bisexual, transgender, gender variant or who are questioning their gender identity/ sexuality

[LGBTQ+ young people and their families - Portsmouth City Council](#)

## addiction

The Recovery Hub provides a wide range of support for people experiencing problems with their substances use. - [ssj.org.uk/sub-service/recovery-hub/](http://ssj.org.uk/sub-service/recovery-hub/)

Drug and Alcohol Rehab Hampshire – Call FREE 0800 170 7000  
[www.whichrehab.co.uk/drug-alcohol-rehab-hampshire/](http://www.whichrehab.co.uk/drug-alcohol-rehab-hampshire/)

More support on Portsmouth's website: [Mental health support for young people - Portsmouth City Council](#)

## MONEY

**Gamblers Anonymous** provides support for gamblers and their friends and/ or family. WEB: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

Portsmouth Young Homeless: [www.portsmouth.gov.uk/services/housing/looking-for-a-home/if-you-become-homeless/](http://www.portsmouth.gov.uk/services/housing/looking-for-a-home/if-you-become-homeless/)

National Debt line provide advice for managing any debts you might have through a free helpline open Mon – Fri 9am – 8pm, Sat 9.30am – 1pm [Tel:0808 808 4000](tel:08088084000) WEB: [www.nationaldebtline.org](http://www.nationaldebtline.org)