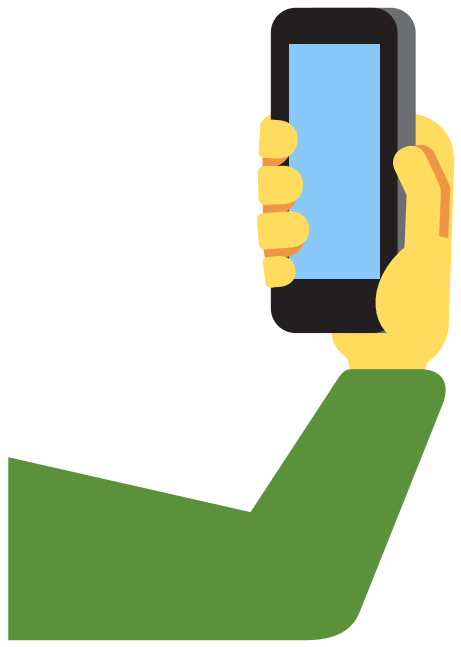


Mental health and wellbeing support for young people



ChatHealth

ChatHealth is a secure and confidential text messaging service for 11-19 year olds. Text **07480 635511** and a member of the school nursing team can advise you on things like sexual and emotional health, alcohol and drugs.

Kooth

Young people can get mental health support online from Kooth. 11-18 year olds can access professional counsellors, moderated forums and self-help materials. You can visit [kooth.com](https://www.kooth.com) 24 hours a day.



Young Minds

Young Minds - [youngminds.org.uk](https://www.youngminds.org.uk) - has lots of useful online resources, like advice on mental health during the coronavirus pandemic. They also have a free 24/7 crisis messenger. You can text YM to **85258** if you are experiencing a mental health crisis and need urgent help.

CAMHS Dorset

The CAMHS Dorset website - [camhsdorset.org/young-people](https://www.camhsdorset.org/young-people) - has lots of useful mental health advice and resources for children and young people.



Bereavement support

There is lots of support available for any young people who have lost a loved one, including charities like Mosaic - [mosaicfamilysupport.org](https://www.mosaicfamilysupport.org) - and Winston's Wish - [winstonswish.org](https://www.winstonswish.org).

In a crisis?

People of all ages can call **Connection**, Dorset's 24/7 mental health helpline, for free on **0300 123 5440**.