

# 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 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.

## Back to school videos

The **Dorset Mental Health Support Teams in Schools** service have created some great videos to help children and young people to get back into school. You can find them on the Dorset CAMHS website.



## Bereavement support

There is lots of support available for any young people who have lost a loved one, including charities like Mosaic and Winston's Wish.

## In a crisis?

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