

## **Mental Health and Wellbeing Support:**

**Your GP** – Some mental health problems can be managed with the help of a GP. Your GP can prescribe some medications which may help, and also refer you to a number of services including counselling and social prescribing. To talk to your GP, you should book an appointment through your local practice.

**NHS** – Every Mind Matters is a campaign run by the NHS which aims to help people take good care of their mental health, and provides useful information for if they feel like they're struggling. Their website contains pages with information dedicated to anxiety, low mood, sleep problems and more. This information can be accessed at <https://www.nhs.uk/oneyou/every-mind-matters/>

**Adult mental health service** – Rotheram Doncaster and South Humber NHS Foundation trust (RDaSH) provide a range of mental health support, including crisis support. In a mental health crisis, they can be called on **01724 382015**.

**Child and Adolescent Mental Health Service (CAMHS)** – This service is also provided by RDaSH. They provide mental health assessments, therapy and intervention for children, young people up to the age of 18 years and their families or identified carers. They can be contacted on **01724 408460**.

**Talking shop and Improving Access to Psychological Therapies** - If you are feeling anxious or depressed our Talking Shop and Improving Access to Psychological Therapies Teams (IAPT) may be able to help you. The Scunthorpe Talking Shop can be contacted on **07967 793433**. You can also visit their website which contains a range of self-help guidance at <https://iapt.rdash.nhs.uk/>

**Samaritans** – The Samaritans is a charity that provides support to anyone who is feeling distressed, unable to cope, or at risk of suicide. They are available 24/7, and can be called on **116 123**, or you can email them at [jo@samaritans.org](mailto:jo@samaritans.org)

**Mind** – Mind are a national charity who provide advice and support to empower anyone experiencing a mental health problem. They also campaign to improve services, raise awareness and promote understanding. Their website contains helpful information for people struggling with their mental health, or for family and friends of individuals. You can access their website at <https://www.mind.org.uk/>

**Scunthorpe and District Mind** - They are the local branch of the national charity Mind, and provide advice and support to people locally. They offer 1-1 sessions, as well as telephone support, and support on Thursday, Friday, Saturday and Sunday evenings from 6pm-midnight. They can be called on **01724 279500**.

**Mental health Foundation** – They are a UK charity who aim to help people understand, protect and sustain their mental health. They do this through community programs, research and public engagement. Their website contains helpful articles and guidance for people who may be struggling, and would like information on how to improve their mental health. It can be accessed at <https://www.mentalhealth.org.uk/>

**Rethink Mental Illness** – They have a vision is for equality, rights, the fair treatment and maximum quality of life for all those affected by mental illness, their carers, family and friends. They also offer a support group in Scunthorpe for anyone who cares for someone with a mental health illness. This group can be contacted on **07552 136884**. The rethink website can be accessed at <https://www.rethink.org/>

**No Panic** - No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. They offer information support, A confidential helpline that is staffed by trained volunteers can be accessed by **0844 967 4848**.

**Kooth** – Is an online platform for children and young adults aged 11-25 in North Lincolnshire. It allows registered users to access free online counselling, and join in conversations on moderated discussion boards. This service can be accessed at <https://www.kooth.com/>

**YoungMinds** – Is a charity that focuses on young people’s mental health. Their website contains information on a broad range of topics including mental health conditions, medications and self-help. There’s also information for parents/carers and professionals. You can visit their website at <https://youngminds.org.uk/>

**Mencap** – Mencap supports people in the UK who have a learning disability. Their website contains information on a range of subjects including the Mental Capacity Act, Sleeping tips, and general health and wellbeing. Their website can be accessed at <https://www.mencap.org.uk/>

**Shout** - Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. It’s used most frequently by people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. To access the service and start a conversation with a trained volunteer, send a text to **85258**. For more information, visit <https://giveusashout.org/>

**Signhealth** – Sign health is a charity which supports deaf people. They partner with NHS service providers and other organisations across the country to help people who are deaf access the services they need. Their website contains videos which explain important information in British Sign Language (BSL), and they also have a dedicated therapy team for individuals experiencing a range of mental health issues. To find out more, visit <https://signhealth.org.uk/with-deaf-people/psychological-therapy/>

**Papyrus** – Papyrus is a UK charity which is dedicated to the prevention of young suicide. Their website contains useful advice and tips on what to do if you are feeling suicidal, and how to help someone else if you’re worried about them. This information is accessible at <https://www.papyrus-uk.org/>

They also have a confidential helpline which can be accessed by people under the age of 35 who are experiencing thoughts of suicide. Their helpline number is **0800 068 4141**.

**CALM** - The Campaign Against Living Miserably (CALM) is leading a movement against suicide. They run a free and confidential helpline and webchat which is available 7 hours a day, 7 days a week for anyone who needs to talk about life’s problems. They also have a helpline on **0800 58 58 58** which is open from 5pm-midnight 365 days a year for anybody who is in crisis. More information on their services can be found at <https://www.thecalmzone.net/>