

# Knowing your mental health



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

**Mental health is just like physical health, everybody has it, and it's important to take care of it.**

**Growing up isn't always easy. Children and young people face a lot of challenges and it can be difficult to cope with everything life throws at you.**

**Feeling down some of the time is normal, but if you want to talk to someone about your thoughts or feelings, there are plenty of routes you can take. This guide aims to help you find the support and advice for whatever it is you're going through.**

## **The facts**

One in 10 young people experience mental health difficulties, that's three in every classroom. When someone faces struggles with their mental health, it's no fault of their own. Mental health issues do not discriminate and can affect anybody no matter what their life is like.

If you or somebody you know wants to talk about any thoughts or feelings you don't understand, there is always someone who will listen.

It's so important that we feel able to discuss our issues, and there's absolutely no shame in doing so.

### **Contact key:**



**Childline** is a free and confidential helpline that anyone under 19 can contact to talk about any issues or worries they have, big or small.

 **0800 1111**  **www.childline.org.uk**

24  
hours

Also contact via: 

**Kooth** is an online platform, where young people aged 11-25 can safely access free, anonymous support from trained counsellors, and from a community of peers.

 **www.kooth.com**

24  
hours

Also contact via: 

**Shout** is a free and anonymous texting service for young people going through a personal crisis. It can provide immediate help, anytime, anywhere.

24  
hours

 **SHOUT to 85258**  **www.giveusashout.org**

**The Mix** has a free, confidential phone line, webchat and crisis text line, to help refer young people to the best possible help, whatever problem they are facing.

 **0808 808 4994**  **THEMIX to 85258**

Limited  
hours

 **www.themix.org.uk/get-support**

Also contact via: 

**Samaritans** is a free, confidential helpline that offers a safe space to talk about anything. They won't judge, or tell you what to do, they just listen.

 **116 123**  **www.samaritans.org**

Limited  
hours

Also contact via:  +  + 

**Papyrus** is a charity that helps young people experiencing thoughts of suicide. Trained advisors can confidentially help you stay alive and safe, or support someone else to do so.

 **0800 068 41 41**  **07860 039967**

Limited  
hours

 **www.papyrus-uk.org/get-in-touch**

Also contact via:  + 

**On My Mind** offers free online resources to empower young people aged 10-25 to make informed decisions about their mental health. They provide information on your rights, self-care, how to help a friend, and jargon busting.

 **www.annafreud.org/on-my-mind**

24  
hours

**Mind** is a charity who campaign to raise awareness around mental health support and to improve services. They provide information to anyone having a difficult time, to help them find support.

 **0300 123 3393**  **86463**

Limited  
hours

 **www.mind.org.uk**

Also contact via:  +  + 

**SANELine** offers confidential one-to-one support for those aged over 16, for when your own mental health, or that of someone you know, is affecting you.

 **0300 304 7000**  **www.sane.org.uk**

Limited  
hours

**CAMHS** are the NHS services that help young people struggling with their mental health. Your GP or a school professional can refer you for a face-to-face appointment.

 **Search NHS CAMHS**

Also contact via: 