

# Schools: Student mental wellbeing tool kit



## Where to go for help:



**SHOUT** provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.



**Papyrus (Prevention of Young Suicide)** provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).



ONLINE, ON THE PHONE, ANYTIME

**Childline** offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111 or students can have a one-to-one chat with an [online advisor](#).



**Samaritans** are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at [jo@Samaritans.org](mailto:jo@Samaritans.org).



**The Mix** offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.



**YoungMinds Crisis Messenger** provides free crisis support and links to a range of support options.



All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

## Digital resources:

[Calm zone | Childline](#)  
Activities and tools, wellbeing exercises and interactive games for under 19s.

[Mental Health - The Mix](#)  
Online articles and discussion forums for 11 – 25 year olds.

[Home – Kooth](#)  
Online mental wellbeing community for 10 – 25 year olds.

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)  
Online self-care video library.

# University and further education: Student mental wellbeing tool kit



## Where to go for help:

[SHOUT](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.



[Papyrus \(Prevention of Young Suicide\)](#) provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).



[Nightline](#) offers a directory of confidential and non-judgemental support services run for students by students across the UK.



[Samaritans](#) are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at [jo@Samaritans.org](mailto:jo@Samaritans.org).



[The Mix](#) offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.



[YoungMinds Crisis Messenger](#) provides free crisis support and links to a range of support options.



All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

## Digital resources:

[Student Minds – Home](#)  
Access to Student Space, resources, blogs and local support.

[Mental Health - The Mix](#)  
Online articles and discussion forums for under 25 year olds.

[Home – Kooth](#)  
Online mental wellbeing community for 10 – 25 year olds.

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)  
Online self-care video library.

# Parents and carers: Young people's mental wellbeing tool kit



## Support for you and your young person:



- Local NHS 24/7 urgent mental health lines (which can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth)).
- Public Health England's [Better Health Every Mind Matters](#) campaign shares helpful tips for [young people](#) parents and carers, including how to [spot the signs](#) that your child may be struggling.



- [YoungMinds Parents Helpline](#) is available for parents, guardians and carers. You can call them on 0808 802 5544; 9.30am to 4pm on weekdays.
- [YoungMinds Crisis Messenger](#) provides free crisis support and links to a range of support options for young people.



- [SHOUT](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.



- [Samaritans](#) are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at [jo@Samaritans.org](mailto:jo@Samaritans.org).



- [Papyrus \(Prevention of Young Suicide\)](#) provides advice and support for young people under 35 who feel like they want to take their own life. All their advice is confidential. Young people and parents under 35 can call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).



ONLINE, ON THE PHONE, ANYTIME

- [Childline](#) offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111. Or students can have a one-to-one chat with an [online advisor](#).

## Helpful resources:

Parents and carers guide: [Suicidal Thoughts | Suicidal Ideation Signs and Symptoms | YoungMinds](#)

NHS App (digital tools and apps to support your own wellbeing): [NHS App and your NHS account - NHS \(www.nhs.uk\)](#)

Tips and guidance - Supporting your child: [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Suicide prevention training: [Free online training from Zero Suicide Alliance](#)



# Teachers and education professionals: Student mental wellbeing tool kit



## Support for you and your student:

- Local NHS 24/7 urgent mental health lines (which can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth)).
- Public Health England's [Better Health Every Mind Matters](#) campaign which provides helpful tips for [young people](#), parents and carers. There are designated pages to help parents and carers [spot the signs](#) that children may be struggling with their mental health and also provides advice that can help maintain good mental wellbeing.
- [Supporting staff wellbeing: Mentally healthy schools](#) provides guidance and a set of resources and tools to improve staff wellbeing in schools.
- [YoungMinds Crisis Messenger](#) provides free crisis support during a crisis – this is available every day of the week, at any time day or night. All that is required is to text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- [Charlie Waller Trust](#) offers free guides and workbooks for professionals, parents, and young people.
- [Papyrus \(Prevention of Young Suicide\)](#) provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Their helpline – HOPELineUK – can be reached on 0800 068 41 41 or one can text them on 07786 209 687 (lines are open every day from 9am to midnight).
- [Childline](#) offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111. Or students can have a one-to-one chat with an [online advisor](#).
- [SHOUT](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.
- [Samaritans](#) are an organisation who are available at any time of the day or night. They will help the CYP and listen to how they are feeling. They can be reached on 116 123 or via email at [jo@samaritans.org](mailto:jo@samaritans.org).
- [Ripple Suicide Prevention](#) offers education settings a free extension for internet browsers to help intercept harmful content relating to self-harm and/or suicide. The site also hosts helpful information including telephone, web and app based support options.

## Helpful resources:

Professionals tool kit:  
[Mental Health Resources For Children and Young People](#)  
[YoungMinds](#)

NHS App (digital tools and apps) to support your own wellbeing:  
[NHS App and your NHS account - NHS \(www.nhs.uk\)](#)

Student mental health research library:  
[Research and publications - Student Minds](#)

Suicide prevention training:  
[Free online training from Zero Suicide Alliance](#)

# Mental health professionals: Resources and training tool kit



## Training options to support staff and systems:

- [MindEd](#) a free educational resource on children and young people's mental health.
- [Paediatric critical care in practice](#) is an online e-learning portal of resources designed for health professionals to use to develop their knowledge.
- [Psychological First Aid training](#) to support children and young people's mental health during emergencies and crisis situations.
- [We Can Talk](#), children and young people's mental health training, advice and resources for hospital staff.
- [Crisis tool](#), training by young people for anyone who supports them in a crisis.
- [Free online training from Zero Suicide Alliance](#), free suicide prevention online training.

## Key guidance and literature:

- [HEE Self Harm and Suicide Prevention Competency Framework](#)
- [RCPCH position statement on role of paediatricians in supporting CYP's mental health](#)
- [RPsych 'Quality Standards for Children and Young People for Liaison Psychiatry Services'](#)
- [RCPCH 'Facing the Future: standards for children in emergency care settings'](#)
- [DHSC 'Integration and innovation: working together to improve health and social care for all'](#)

## Links to national suicide prevention and self-harm support agencies for young people:



## Support for staff:

### Staff mental health and wellbeing hubs:

[NHS England » Staff mental health and wellbeing hubs](#)

### NHS App (digital tools and apps):

[NHS App and your NHS account - NHS \(www.nhs.uk\)](#)

### Wellbeing self-assessment tool:

[Check my wellbeing – Self-assess your psychological and emotional wellbeing \(leadershipacademy.nhs.uk\)](#)

### Free mental health resources and support (Mind):

[Guides to support and services - Mind](#)