

MENTAL HEALTH & WELLBEING SUPPORT



Parent Information Guide

1 IMMEDIATE SUPPORT (24/7)



SAMARITANS

Call 116 123 | Free, 24/7

SHOUT

Text SHOUT to 85258 | Free, 24/7

NHS 111

For urgent mental health support

IN AN EMERGENCY

Call 999 or go to your nearest A&E

2 NATIONAL HELPLINE

CALM

Campaign Against Living Miserably |
Suicide prevention charity | 0800 58 58 58



3 LOCAL MENTAL HEALTH SUPPORT & RESOURCES



CHILDREN & YOUNG PEOPLE

Local mental health support and resources for young people in Swindon

ADULTS

Local mental health support and resources for adults in Swindon



OTHER LOCAL & SPECIALIST SERVICES:



Swindon
Mental health
support
Free counselling



stepswindon.co.uk



wayuk.org



Child & Adolescent
Mental Health



Young Persons



ipsum.care



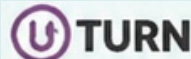
Young Persons



OUT OF THE CAN
LGBTQ+ support



BEST
bestrust.co.uk



Adolescent Substance
Use Support



Adult Substance
Use Support
changegrowlive.org