

# COAST & COUNTRY PCN



## YOUNG PEOPLE'S MENTAL HEALTH SUPPORT

**If you need urgent help always call 999.**

The following listing is not comprehensive, but aims to represent a cross-section of organisations aiming to help young people and their friends, families and carers.

**DEVON CAMHS 24/7** - if a child or young person (under 18) is experiencing a mental health crisis, you can now access CAMHS 24/7. Please contact **03300 245 321** during normal hours (8am-5pm, Mon to Fri) or **0300 555 5000** outside these hours.

<https://childrenandfamilyhealthdevon.nhs.uk/camhs/>

**CORNWALL CAMHS** – for urgent MH concerns, up to age 18

Call **0800 038 5300**

<https://www.cornwallft.nhs.uk/camhs/>

**CHILDLINE** – information website and confidential advice helpline and for children and young people. Videos, safe chat, message boards etc. Available 24/7.

Tel: **0800 1111**

<https://www.childline.org.uk/>

**KOOTH** – online mental wellbeing community accessed by App, free, safe, secure and anonymous. Resources for parents also included.

<https://www.kooth.com/>

**PLACE2BE** – organising charity of Children's Mental Health Week held annually in February

<https://www.place2be.org.uk/>

- **providing support early**, spotting mental health problems before they develop and helping children and young people cope with challenges throughout their lives
- **using an effective therapeutic approach** backed by research that combines several ways of working
- **offering a range of mental health support services**, including advice and support for families and school staff, to build resilience and raise awareness of mental health across the whole school community.

**YOUNG DEVON** – Hub of wellbeing and support for 11-25's in Devon

<https://www.youngdevon.org/what-we-do>

**MIND** – information for 11-18s struggling with their mental health, or trying to support someone who is struggling as a friend, a parent or a carer.

<https://www.mind.org.uk/for-young-people/>

**FRANK** - confidential support, advice and information about drugs, their effects and the law.  
**Tel: 0300 123 6699** or textline **82111**.

**SHOUT** – for anyone in UK, available free 24/7

Text CONNECT to **85258**

<https://giveusashout.org/>

**YOUNG MINDS** – supporting young people, parents and those working with young people

Young Minds Parents Helpline: free on **0808 802 5544** (9.30am-4pm, Monday-Friday, UK).

<https://www.youngminds.org.uk/>

**THE MIX** – hub of wellbeing advice for any young person under 25.

**Tel: 0808 808 4994**

<https://www.themix.org.uk/>

**YZUP (Wise Up)** – Drug and alcohol service (part of We Are With You) for young people living in Cornwall. For ages 11 -18, offering information, advice and support. Whether it's a chat on the phone or long-term support, YZUP can offer you professional support every weekday:9am till 5pm.  
**Confidential Helpline – 01872 300816**

<https://www.wearewithyou.org.uk/services/cornwall-for-young-people/>

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**NSPCC** – offering support to parents trying to safeguard their children's physical, emotional and online safety. Areas include self-harm, depression, anxiety, cybersafety, early years advice, friendships, bullying, racism, abuse and loads more.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

**LET'S TALK TEENAGERS** – FREE video support sessions for parents of young people, teens and pre-teens. Themes include: cyber safety, body image, drugs and alcohol, peer pressure. Part of Safer Devon initiative

<https://saferdevon.co.uk/lets-talk-teenagers/>