

# Mental Health Support



MOVING FROM SCHOOL TO COLLEGE IS A CHALLENGING TIME AND BUILDING NEW RELATIONSHIPS AND TRUST IS IMPORTANT TO CONTINUE SUPPORTING MENTAL HEALTH



COLLEGES WILL ALL HAVE A RANGE OF MENTAL HEALTH SUPPORT CONTACT THEM AND ASK TO SPEAK TO THE PASTORAL TEAM

**Support could involve -**

**Counselling:** face to face or online

Small group support sessions to develop strategies

1-2-1 support sessions

Online support and resources

Support with referrals to external agencies such as CAMHS

DID YOU KNOW IF YOU ARE 16-17 YOU CAN SELF REFER TO CAMHS?



Complete the form online or call

**0300 1245 012**

[www.somersetft.nhs.uk/camhs/self-referral/](http://www.somersetft.nhs.uk/camhs/self-referral/)

WANT TO FIND OUT WHAT SERVICES ARE OUT THERE...



Find help and support in your area

**[www.somersetbigtent.org.uk](http://www.somersetbigtent.org.uk)**

WORRIED THAT MENTAL HEALTH IS IMPACTING YOUR ABILITY TO GO TO COLLEGE?



You can self-refer to SomersetWorks who will help support you into education

**[www.somerset-ebp.co.uk/learners/somersetworks.htm](http://www.somerset-ebp.co.uk/learners/somersetworks.htm)**

WHAT IF MORE SUPPORT IS NEEDED

**Speak to your GP** and ask for a referral to **CAHMS** (or self refer using the link above) You could also receive support from an educational psychologist



NEED SOMEONE TO TALK TO  
**CALL**

Mindline 0300 123 3393

Mindline Trans 0300 330 5468

YoungMinds Text Line 85258

**VISIT**

Kooth: [www.kooth.com](http://www.kooth.com)

Youngminds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Somerset:

[www.youngsomerset.org.uk/Pages/Category/wellbeing-support](http://www.youngsomerset.org.uk/Pages/Category/wellbeing-support)



**REMEMBER IT IS OK TO NOT BE OK**