

## MENTAL HEALTH SUPPORT

Midlands Partnership NHS Foundation Trust have set up a 24/7 urgent **NHS mental health service providing telephone support, advice and triage** for if you live in South Staffordshire: **0300 555 5001**

You can also contact the Access Team at our Crisis Care Centre, **any time of the day or night, every day and for any age on 0300 123 0907 (Option 1)**. If you have a hearing impairment and are unable to utilise the telephone, you can text the Access Team on 07739 775202 and the team will respond as soon as possible (please note: this text service is charged at your network provider's rate).

These phone lines will be staffed by CAMHS and Adult Mental Health workers and will therefore be able to support anyone, at any time, whatever their age. Both Trusts however suggest that where a child or young person is currently under the care of a CAMHS Team that if possible, in the first instance, they contact the team directly to get support.

### NATIONAL SUPPORT INITIATIVES

- **SHOUT** the UK's first **24/7 text service** that is free on all mobile networks for anyone in crisis at anytime, anywhere. Text number is : 85258

- Anna Freud (National Centre for Children and Families) who have produced some children and young people friendly coronavirus information, advice and support which seeks to reassure anyone struggling during these unusual times. There are video clips to ensure that information is accessible. As well as this, the **Anna Freud website** hosts a wide range of great, robust resources, as well as a Youth Wellbeing Directory.