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**Sources of Mental Health and Wellbeing Support**

If you want to talk to someone about anything that’s bothering you, someone who won’t judge and will just listen to you, there are many places you can contact. Don’t be alone, there is support out there for you.

**COLLEGE SUPPORT – TERM TIME ONLY**

**Farnborough College of Technology counselling team**

**By appointment:** Tel: 01252 407069 and leave a message or Email: [counselling@farn-ct.ac.uk](mailto:counselling@farn-ct.ac.uk). Phones and emails are not checked daily. We are not an urgent service. If you have an urgent need see your GP or call Samaritans on 116 123. Further details on crisis support are in this leaflet.

**A drop in service** is available each day and timings are available from Learner Services Reception.

**Student Health and Wellbeing Advisor**

Tel 01252 407067 [health.advisor@farn-ct.ac.uk](mailto:health.advisor@farn-ct.ac.uk)

**EXTERNAL SUPPORT**

**Covid-19 Pandemic Advice**

Robust advice on how to manage the mental health and wellbeing challenges of the Covid-19 pandemic can be found here:-

* **‘FACE COVID’**

Dr Russ Harris has written a set of practical steps for responding effectively to the outbreak, using the principles of acceptance and commitment therapy (ACT. Here is a link to a short YouTube video that outlines these tips [https://www.youtube.com/watch?v=BmvNCdpHUY](https://www.youtube.com/watch?v=BmvNCdpHUYM)

* **The latest government advice on mental health and wellbeing can be found here:-**  <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
* **The NHS** Recovery College has published a free to all course titled "coping during the pandemic". It can be accessed via [www.recoverycollegeonline.co.uk](https://linkscan.io/scan/ux/aHR0cDovL3d3dy5yZWNvdmVyeWNvbGxlZ2VvbmxpbmUuY28udWs=/CE4AEA8DC71667085C8CCAFA698F09454FF1826AE3C14342C15F8B0E1A24554C?c=3&i=1&docs=1)
* **Young Minds** <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
* **Mind**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

* **Action for Happiness**

<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>

* **Mentalhealth.org.uk**

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

**General Support**

Whatever the reason you feel that talking to someone would help, here are some robust services that you can explore:

**Samaritans** <https://www.samaritans.org/>Tel: 116 123  FREE 24/7, 365 days a year . They also have a fantastic web based app that is free to use and has a lot of useful interactive advice about how to support your menta health using a mood tracker and evidence-based coping techniques. Its available at <https://selfhelp.samaritans.org/accounts/login/?next=/>

**ChildLine** [www.childline.org.uk](http://www.childline.org.uk) If you're under 19 you can confidentially call, email or chat online about any problem big or small. Freephone 24h helpline: 0800 1111. [Sign up for a Childline account](https://www.childline.org.uk/registration/) on the website to be able to message a counsellor anytime without using your email address. Chat 1:1 with an [online advisor](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/). They also have a free APP called FOR ME

**The Mix** [www.themix.org.uk](http://www.themix.org.uk) Essential support for under 25s on a range of topics.If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need. Freephone: 0808 808 4994 (16:00-23:00 daily)

**Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk) Robust mental health information and support.

**Shout** If you’re experiencing a personal crisis, are unable to cope and need support, text Shout to 85258**.**

Shout can help with urgent issues such as:

* Suicidal thoughts
* Abuse or assault
* Self-harm
* Bullying
* Relationship challenges

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.

**If your life is in imminent danger, please call 999.**

**Male mental health** CALM Tel: 0800 58 58 58 – [www.thecalmzone.net](http://www.thecalmzone.net)

**Depression** <https://www.studentsagainstdepression.org/>

**Domestic Abuse:**

**“Silent 55”** is when a person calls 999 but cannot speak. The operator will ask for some form of noise to make sure there is someone on the end of the line or they can type 55 to confirm it is an emergency (if its too dangerous to speak.)

Details of Domestic Abuse agencies in your local area and helpful information on stalking from Aurora New Dawn. <https://www.aurorand.org.uk/>

<https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf>

**Local Service: Hampshire:**

IDASH: telephone: [0330 0165 112](tel:03300165112)

<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/domesticabuse>

**Local Service Surrey:**

[Surrey Against Domestic Abuse](https://www.healthysurrey.org.uk/your-health/domestic-abuse): Telephone: [01483 776822](tel:01483776822)

<https://www.surrey.police.uk/advice/advice-and-information/daa/domestic-abuse/support-helplines/>

**National:**

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

**Drugs and Alcohol**

**Hampshire local support:**  Catch 22 T: 0845 459 9405  [247Hants@catch-22.org.uk](mailto:247Hants@catch-22.org.uk)

**Surrey local support:**  Tel: 0800 622 6662 Text: 07595088388

**National support:** [www.talktofrank.com](http://www.talktofrank.com)

**LGBTQ**+ [www.stonewall.org.uk](http://www.stonewall.org.uk)

**Social isolation** [www.thestudentroom.co.uk](http://www.thestudentroom.co.uk),

Over 18s: <https://www.elefriends.org.uk/sign-up>;

Under 18s [www.childline.org.uk](http://www.childline.org.uk)

**Eating issues**: BEAT [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk/)

**Suicidal Thoughts** Papyrus <https://papyrus-uk.org/> Tel: 0800 068 4141

**Self Harm** <https://www.selfharm.co.uk/>

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

<http://www.lifesigns.org.uk/>

**Panic, OCD, phobias** [www.nopanic.org.uk](http://www.nopanic.org.uk). No Panic are the people to call if you are suffering from panic attacks, OCD, phobias, and other related anxiety disorders. Helpline: 0844 967 4848 (Daily 10:00 – 22:00 Charges apply). Youth Helpline for 13 - 20 yr olds: 0330 606 1174 (Mon - Fri 15:00 – 18:00 Charges apply) Having a panic attack? Crisis number with recording of a breathing technique: 01952  680835 (24 hr) Email: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)  [www.ocduk.org/ocd](http://www.ocduk.org/ocd)

**Grief and Bereavement**  Help is at hand for those experiencing grief, from Winston’s Wish https://www.winstonswish.org/coronavirus/

And from Cruse Bereavement Care <https://www.cruse.org.uk/>

**Older people helpline** The Silver Line operates the only confidential, free helpline for older people across the UK that’s open 24 hours a day, seven days a week, 365 days of the year. They also offer telephone friendship where they match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area. The Silver Line Helpline – 0800 4 70 80 90

**Free Counselling Services**

**Youth Counselling Service**

Areas covered: West Surrey and North East Hampshire

Age range of clients: 12 – 24

Up to 6 sessions

Refer yourself by contacting

Tel: 0345 600 2516 or 07827 992 764

**Step by Step**

Areas covered: North Hampshire and South West Surrey

Age range of clients 18-25

Refer yourself by contacting

Tel: 01252 346120 or counseling@stepbystep.org.uk

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

**The Source**

Areas covered: Rushmoor, Hart and West Surrey

Age range of clients: 11 - 25

Refer yourself by emailing [sue.evans@thesourceforyou.co.uk](mailto:sue-evans@thesourceforyou.co,uk?subject=Counselling%20form)  or contacting 01252 333330. www.thesourceforyou.co.uk

**YPI Counselling - Basingstoke**

Areas covered: Basingstoke and Deane

Age range of clients: 11 - 25

Up to 12 sessions

Refer yourself via their website [www.ypicounselling.co.uk/counselling-for-young-people](http://www.ypicounselling.co.uk/counselling-for-young-people)

**121 Youth Counselling**

Areas covered: Blackwater, Derby Green, Yateley , Frogmore, Eversley as well as Fleet, Ewshott, Crondall, Church Crookham, Hartley Wintney, Odiham Hook, Rotherwick, North Warnborough.

Age range of clients: 16-25

Refer yourself by contacting:

Email: [121@hartvolaction.org.uk](mailto:121@hartvolaction.org.uk)

Tel: 01252 815652

**Talkplus - NHS counselling**

Areas covered: Those registered at an NHS surgery in Farnborough, Farnham, Fleet, Aldershot, Church Crookham, Blackwater and Yateley.

Age range of clients: 16 and over

Sessions: Depending on an assessment

You can refer yourself via the website [www.talkplus.org.uk](http://www.talkplus.org.uk) or by callingTel: 01253 533355

**MindMatters Surrey**

NHS talking therapies for those registered with a GP in Surrey

Age range: 18 plus

You can get referred by your GP or self refer by contacting:

Tel: 0300 330 5450 or by using the self referral form on their website

http://www.mindmattersnhs.co.uk/surrey/referrals

**Heads Together**Areas covered: East Surrey

Age range of clients: 14 - 24  
Self refer by contacting

[headstog@ymcaeastsurrey.org.uk](mailto:headstog@ymcaeastsurrey.org.uk?subject=Heads%20Together%20Counselling) or Tel: 01737 378481

**Steps Youth Counselling**

Area covered: Woking but available to any young person in Surrey

Age range: 16-25

Tel: 07885 969 774

Text: 07885 969 774

Website: [www.need-to-talk.org.uk](http://www.need-to-talk.org.uk)

**The Counselling Partnership (Low cost counselling)**

Area covered: North Surrey

Tel: 01932 244070

Website: <https://thecounsellingpartnership.org>

**Free Online Counselling Services via the NHS**

If you are registered with a GP in Hampshire: [www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)

If you are registered with a GP in Surrey: [www.kooth.com](http://www.kooth.com)

**Private (paid for) Counselling Services**

Some private counsellors will be offering therapy via email, telephone and online face to face platforms. You can find Registered and accredited private counsellors in your area that list their types of services at <https://www.counselling-directory.org.uk/> and [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)

**Crisis Support Hampshire**

**CAMHS:** Tel: 0300 304 0050  Mon – Fri 9-5

**Safe Havens** **Opening hours may be affected by the pandemic, and you can check availability of Safe Havens via this link:** <https://www.cyphaven.net/>

**Young Person’s Safe Haven – 10-17 year olds**

North Barn, 4 Hillside Road, Aldershot GU11 3NB

Open: Tuesday, Wednesday, Thursday, Friday, Sunday 18.30 – 20.30. Closed Bank Holidays

**Adults**

The Wellbeing Centre, 121-123 Victoria Road, Aldershot, GU11 1JN Open: Monday – Friday 6-11pm, Weekends and Bank Holidays: 12.30 – 11pm

**Crisis Support Surrey**

**Mental Health Crisis**

**Helpline** (Only available to people living in Surrey and North East Hampshire)

<https://www.sabp.nhs.uk/our-services/advice-guidance/getting-help-crisis>

Tel: 0800 915 4644 - Available 24 hours every day.

If they are engaged, leave a message and they will phone you within 30 minutes. Or to get someone to call you back text: 07717 989 02

**Safe Havens Opening hours may be affected by the pandemic, and you can check availability of Safe Havens via this link:** [https://www.cyphaven.net/https://www.cyphaven.net/](https://www.cyphaven.net/)

**Up to 18 years**  CYP Haven Guildford, The Discovery Centre, 7 Ward Street, Guildford, Surrey, GU1 4LH

Open: Monday, Wednesday 4pm – 8.30pm Sunday: 12 – 6pm

There are Young Person’s Havens in Epsom and Staines too, open at different times. Information available on [www.cyphaven.net](http://www.cyphaven.net)

**Adults**

Oakleaf Enterprise

101 Walnut Tree Close, Guildford GU1 4UQ

Open every day 6-11pm  There are more safe havens in Surrey: Information is available on [www.sabp.nhs.uk/safehaven](http://www.sabp.nhs.uk/safehaven)

**CAMHS One Stop:** 0300 222 5755

**YoungMinds Crisis**

**Messenger** Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. 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.

**Looking After Ourselves and Learning More**

* Look at this great link for over 90 ideas for self care that have been suggested by young people <https://www.annafreud.org/on-my-mind/self-care/>
* Very interesting, accessible, philosophical perspectives on life are available at <https://www.theschooloflife.com/thebookoflife/> and they also have a YouTube Channel at <https://www.youtube.com/user/schooloflifechannel>
* There is also an amazing FREE course on the Science of Wellbeing available from Yale University no less! You can join the course free via this link <https://tinyurl.com/qlktlw9>Millions of people are enrolled already to learn more about happiness, gratitude and meditation.
* **The NHS** Recovery College has published a free to all course titled "coping during the pandemic". It can be accessed via [www.recoverycollegeonline.co.uk](https://linkscan.io/scan/ux/aHR0cDovL3d3dy5yZWNvdmVyeWNvbGxlZ2VvbmxpbmUuY28udWs=/CE4AEA8DC71667085C8CCAFA698F09454FF1826AE3C14342C15F8B0E1A24554C?c=3&i=1&docs=1)
* The Mental Health Foundation’s short podcast, '[Stress and Relaxation: Quick-fix breathing exercise](http://www.mentalhealth.org.uk/podcasts/stress-and-relaxation-quick-fix-breathing-exercise)', is less than 5 minutes in length and explains a helpful breathing technique. <https://www.mentalhealth.org.uk/podcasts/stress-and-relaxation-quick-fix-breathing-exercise>
* TED Talks have just launched a supportive subsection reaching out with hope to communities called TED Connects. Check these out <https://www.ted.com/about/programs-initiatives/ted-connects-community-hope>