

Signposting for Mental Health Support

Young Minds Matter -A confidential self-referral/chat (Mon-Fri, 9am – 5pm) text service (YMMChat) is available for young people aged 11-18 years. Text: 07480 635723

YMM wellbeing packs for parents/carers, young people and teachers around low mood, general anxiety, health anxiety, OCD, ASD and social isolation can be found on the GHLL website.

For parents/carers of young people aged 9-21 years needing support, TIC+ offer a parent support service www.ticplus.org.uk

TIC+ Chat is a confidential anonymous online/phone 'drop in' can also be accessed (Sun-Thurs, 5pm – 9pm) www.ticplus.org.uk

Parent Support and Advice Line 0800 6525675 www.ticplus.org.uk/parents-carers

Find help for your mental health www.onyourmindglos.nhs

Gloucestershire Counselling Service www.gloscounselling.org.uk