

Self Care Support



Tellus@bca.warrington.ac.uk



Child and Adolescent Mental Health Services

Supports children and young people up to age 18 with their emotional and mental health and wellbeing.

01925 575904



HAPPY? OK? SAD?

This site has been developed for people who live or work in Warrington, offering services and information on mental health and wellbeing.

www.happyoksad.warrington.gov.uk



www.childline.org.uk

Childline helps anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, trained counsellors are here to support you.

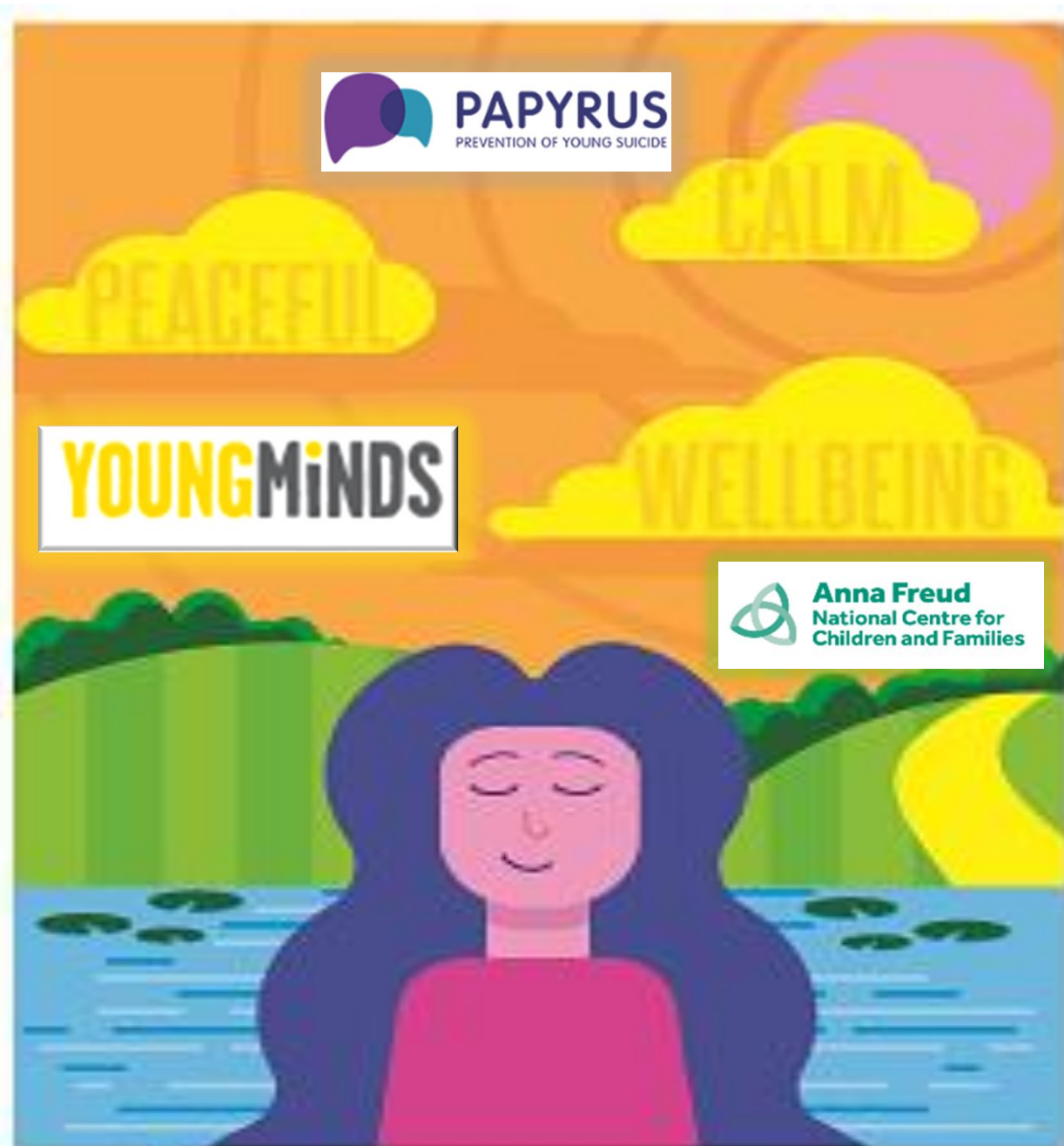


www.Kooth.com

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.



YOUNGMINDS



Beamont Collegiate Academy

axess

sexual health matters

0300 323 1300



SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

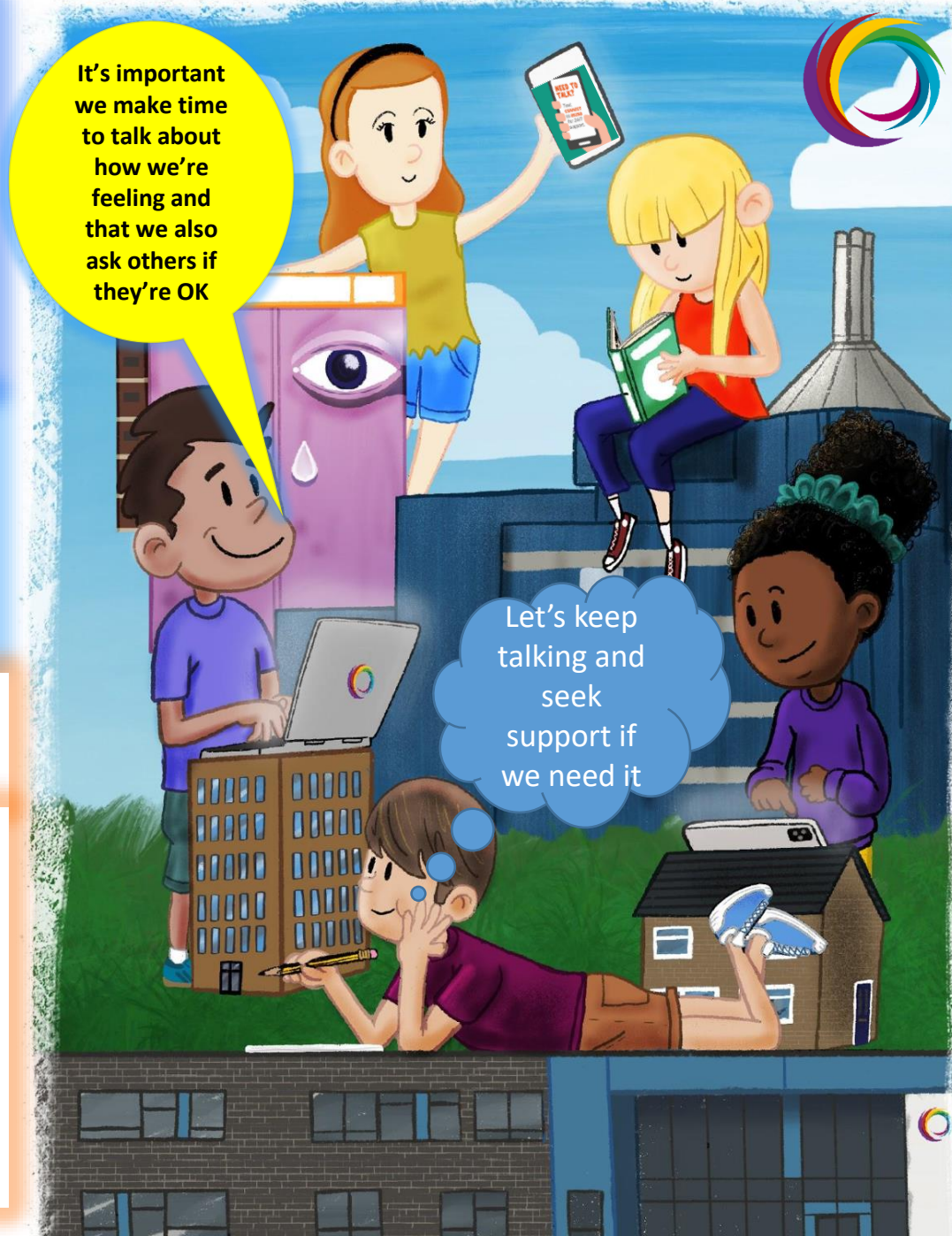
Text: 85258



Advice for Teens in Warrington

- Organisation: Bridgewater Community Healthcare NHS Foundation Trust
- Service: Warrington School Nursing Service
- For: Children and Young People aged 11 - 19 in Warrington
- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)

07507 330101





Self Care Support

- <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- <https://www.kooth.com/>
- <http://happyoksad.warrington.gov.uk/>
- <https://www.annafreud.org/on-my-mind/self-care/>
- <https://www.childline.org.uk/toolbox/calm-zone/>
- <https://giveusashout.org/>
- <https://sidebyside.mind.org.uk/>
- <https://papyrus-uk.org/>
- <https://www.healthforteens.co.uk/location/>
- <https://www.axess.clinic/find-service/axess-sexual-health-warrington/axess-sexual-health-warrington/>