

Ivybridge Community College – External Agency Support contact numbers

NSPCC: <http://www.nspcc.org.uk/>

Childline: <http://www.childline.org.uk/pages/home.aspx>

Out of hours CAMHS

If a child or young person (under 18) is experiencing a mental health crisis, you can now access CAMHS 24/7.

Please contact 03300 245 321 during normal hours (8am-5pm, Mon to Fri) or 0300 555 5000 outside these hours.

SHOUT

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.

Kooth <https://www.kooth.com/>

XenZone Future Thinking for Mental Health <https://www.koothplc.com/>
Website for young people experiencing mental health needs. 24 hour service

Pinpoint Devon: <https://www.pinpointdevon.co.uk/>

Young Minds

There is a 24-hour service from Young Minds for young people. They can send a text to 85252 with the message YM and they can have telephone support.

Parents can also call for free Mon-Fri from 9.30am to 4pm on 0808 802 5544 for advice and support.

Public Health Nursing team

Young people aged 11-19 can get free confidential advice and support via the ChatHealth text line.

The ChatHealth service is provided by the Public Health Nursing team and allows young people to discuss any concerns with a school nurse. The ChatHealth team can help with all kinds of things including mental health, relationships, bullying, self-harm, drugs, alcohol and smoking.

Young people aged 11-19 can text ChatHealth on **07520 631722**.

ChatHealth also offer parents and carers confidential advice and support. Parents and carers can talk to a health visitor about a range of topics such as child development, mental health, adjusting to parenting and family health.

Parents and carers can text ChatHealth on **07520 631721**.

Please don't hesitate to call the Police or for an ambulance, 999, in an emergency.