



“ARE YOU OK? ... ARE YOU REALLY OK?”

Talk:2

Support in our Community

HELPER	CONTACT	AVAILABILITY & TARGET
Able to Provide Suicide Support		
Samaritans	116 123 / text: 07725 90 90 90	24/7
Papyrus	0800 068 4141 / 07786 209 697	Under 35s. 9am – 10pm
CALM	0800 58 58 58	Men. 5pm - midnight
Crisis Line	Text 'Shout': 85258	24/7
SOBS	0300 111 5065 www.uksobs.org	9am – 10pm Mon to Fri Survivors of Bereavement by Suicide
Kaleidoscope	0121 565 5665	24/7 Suicide Bereavement Support Services
Stay Alive	App Store	24/7 information and tools
SANE	0300 304 7000	4.30pm – 10.30pm Mental Health Helpline
Mind Infoline	0300 123 3393 / text: 86463	9am – 6pm Mon to Fri (not BH)
NSPA	www.nspa.org.uk	Suicide library of resources and support
National Support		
Blue Light Infoline	0300 303 5999	999 Services, Staff, Families, Volunteers 9am – 6pm Mon-Fri (not BH)
Childline	0800 1111	Under 19s. 24/7
The Mix	0808 808 4994 / Text THEMIX: 85258	Under 25s. 2pm – 11pm Sun – to Fri
Silver Line	0800 4 70 80 90	Info, friendship, advice to older people. 24/7
LGBT+	0300 330 0630	10am – 10pm
Specific to Coventry and Warwickshire		
Hub of Hope	App Store / www.hubofhope.co.uk	Resources local to you in the UK
IAPT	02476 671 090	16+ Coventry, Warks, Solihull MH
C&W Helpline	0800 616 171	24/7 to Cov & Warks residents
CGL	02476 010 241 coventry.info@cgl.org.uk	9am – 5pm (8m Tue) Mon to Fri Change Grow Live: Drug & alcohol service
Compass	01788 578 227	Children. 9am-5pm Mon to Fri. Substance
RISE	0300 200 2021	Children. 8am-6pm Mon to Fri
R&W Academy	0300 303 2626	www.recoveryandwellbeing.covwarkpt.nhs.uk
Young Carers	https://www.youngcarerscoventry.com	https://www.warwickshireyoungcarers.org.uk
Add your own...		



Resources

SOURCE	DETAIL	CONTACT
Online Training / Resources		
CORC	Increase awareness, understanding & confidence of non-specialist & school staff supporting wellbeing & mental health of young people.	www.corc.uk.net/learning
Dimensions	Provide general guidance on problems you are experiencing. Information provided by this tool is for personal use.	https://dimensions.covwarkpt.nhs.uk/Quiz.aspx
Birmingham Uni	Support teachers to better understand how to use digital technologies in positive and informed ways.	http://opencpd.net/course.html
Minded	Educational resources on children and young peoples' mental health for all adults	https://www.minded.org.uk
Papyrus	Help and advice resources people with suicidal thoughts including child & adult safety plan templates	https://papyrus-uk.org/help-advice-resources/
Every Mind Matters (NHS)	Information, tools and apps to support individuals with their own mental health	https://www.nhs.uk/oneyou/every-mind-matters/
Programmes / Courses		
MIND	Mental Health for Small Workplaces – free online course in conjunction with the Federation of Small Businesses (FSB)	https://www.mentalhealthatwork.org.uk/toolkit/mental-health-for-small-workplaces/
Recovery & Wellbeing Partnership	Increase knowledge & skills to be expert in managing your own mental health and wellbeing. Works in partnership with peer tutors with life experience of mental health problems and practitioner trainers with professional knowledge and skills in the subject area.	https://recoveryandwellbeing.covwarkpt.nhs.uk
Literature / Resources		
Time To Change	Download posters, leaflets or logos including for events like World Mental Health Day. Find read-to-use-materials or customise them for your event/activity.	https://www.time-to-change.org.uk/resources/create-download-materials/#/~embed/resources/collection/14
Young Minds	Resource library full of useful toolkits, publications, reports and policy information about children and young peoples' mental health.	https://youngminds.org.uk/resources/
Headspace	Meditation and sleep made simple. App or online.	www.headspace.com
Place2Be	Resources that help schools understand, raise awareness of and support children and young peoples' mental health.	https://www.place2be.org.uk/what-we-do/school-resources.aspx
The Big Book of Blobs	Book of 'blob' type illustrations that can invite conversation and encourage thoughts and reflections.	(Amazon)
MHFA England	Free downloadable resources for workplaces, schools and communities	https://mhfaengland.org/mhfa-centre/resources/
CIPD	Guidance containing information, practical advice & templates to help managers facilitate conversations about stress and mental ill health with employees	
ACAS	Legal employer information and support resources around mental health in the workplace	https://www.acas.org.uk/supporting-mental-health-workplace
Initiatives		
Thrive at Work	(Free) toolkit, accreditation and awards from West Midlands Combined Authority to improving employee health and wellbeing	https://www.wmca.org.uk/what-we-do/thrive/thrive-at-work/