

Need to talk?

if you are under 18 and living in Plymouth you can call for mental health advice and support **24/7**

Urgent Response 01752 435122

Livewell
Southwest

Barnardo's HYPE

<https://www.facebook.com/HYPEplymouth/>

<https://www.hypeplymouth.com/>

Livewell
Southwest

Plymouth Options IAPT
(Improving Access to Psychological Therapies)

We are a **free** and confidential NHS service offering telephone, video and online support for people experiencing common mental health problems.

We can help support you to:

- manage stress and anxiety
- handle low mood and depression
- improve your mental wellbeing

Visit www.plymouthoptions.com or call **01752 435419**



Need to talk?

24/7

urgent mental health support for adults living in Plymouth

First Response 01752 434922

Livewell
Southwest

Livewell Southwest Academy will be running a free Understanding Mental Health and Wellbeing course in January which supports the Workplace Wellbeing Charter Requirements

<https://www.livewellswacademy.co.uk/course/understanding-mental-health-and-wellbeing/>



ChatHealth

NEW Health Visiting and School Nursing TEXT SERVICE

PARENTS. CARERS. YOUNG PEOPLE.

If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!

Simply text one of the numbers below and one of our team will text you back



**0-5 years
Parents Service
07480 635188**



**5-19 years
Parents Service
07480 635189**



**11-19 years
Young People's Service
07480 635198**

Livewell
Southwest

Health for Kids! Livewell Southwest

Staying Healthy | Illness | Feelings | Getting Help

A fun and interactive resource for learning about health

Games
Activities
Quizzes

Psst! Parents!
As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

www.healthforkids.co.uk
Follow us: [f livewellsouthwest](https://www.facebook.com/livewellsouthwest) [t @livewellsw](https://twitter.com/@livewellsw)

ChatHealth
Text a school nurse for confidential advice and support

07480 635189

HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR CONFIDENTIAL HEALTH ADVICE AND SUPPORT:
07480 635198

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SMOKING
EMOTIONAL HEALTH | BULLYING | SELF HARM
ALCOHOL & DRUGS | ANXIETY | SLEEP | PUBERTY

YOU CAN ALSO VISIT:
WWW.HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,
AND FIND OUT THE TRUTH BEHIND THE RUMOURS

CAMHS Community Team Duty Advice line for Families and Professionals has extended its opening hours in response to COVID-19. The phone line is now open Monday – Friday from 9am to 5pm. Please contact the team on 01752 431613 to seek advice, discuss whether a referral to CAMHS may be appropriate and access support for families who are currently awaiting input from the CAMHS Community Team.

Mental Health Support Team

Livewell Southwest has successfully secured funding to establish a Mental Health Support Team. This is a pilot scheme with identified schools to evaluate the effectiveness of school based interventions to support children, young people, families and professionals to promote emotional health and wellbeing.

The team will be offering a range of support including working with anxiety, low mood, behavioural concerns, peer mentoring and parenting interventions.

Requests for training and consultation can be made directly to the team.

Contact

Tel: 01752 435401

Email: livewell.mhst@nhs.net

The following schools are currently involved in the pilot.

Austin Farm Academy

Ford Primary School

High Street Primary

Knowle Primary School

Leigham Primary School

Lipson Co-operative Academy

Lipson Vale Primary School

Marlborough Primary School

Morice Town Primary Academy

Mount Street Primary School

Mount Wise Community Primary School

Plympton Academy

Shakespeare Primary School

Sir John Hunt Community Sports College

St George's Church of England Primary Academy

St Joseph's Catholic Primary School

St Peter's Church of England Primary

Stoke Damerel Community College

The Cathedral School of St Mary

Tor Bridge High

Whitleigh Community Primary School

Woodfield Primary School



Perinatal Peer Support Group

A **new** peer support group for mums-to-be, or new mums struggling with their mental health and emotional wellbeing to meet for informal, friendly and free advice from our peer supporters.

Babies very welcome.

**Starting 2 December 10am-12noon Four
Greens Wellbeing Hub,
Whiteleigh Green**

**Email livewell.perinatalpeersupport@nhs.net for more information and
to sign up**