



**BARNSELY
SAFEGUARDING**
CHILDREN PARTNERSHIP

YOU ARE NOT ALONE

YOU'RE IMPORTANT AND HELP IS ALWAYS HERE

IT'S OKAY TO ASK FOR HELP

ARE YOU STRUGGLING WITH THOUGHTS THAT ARE HARD TO SHARE? IT'S IMPORTANT TO KNOW THAT YOU DON'T HAVE TO FACE THIS ON YOUR OWN. THERE ARE PEOPLE WHO CARE ABOUT YOU, WHO WILL LISTEN, AND WHO WANT TO HELP. TALKING ABOUT HOW YOU FEEL CAN BE A BRAVE FIRST STEP, AND THERE ARE SAFE SPACES AND SUPPORTIVE VOICES READY TO GUIDE YOU THROUGH THIS.

WHO CAN HELP?

THERE ARE PEOPLE WHO CARE AND WANT TO HELP YOU.

CHECK OUT THE NEXT PAGES FOR SOME ORGANISATIONS YOU CAN REACH OUT TO FOR SUPPORT. THEY ARE ALSO WORKING WITH BARNSELY SAFEGUARDING CHILDREN PARTNERSHIP TO MAKE SURE YOU HAVE EVERYTHING YOU NEED TO FEEL SUPPORTED.

REMEMBER

YOU DON'T HAVE TO GO THROUGH THIS ALONE. PLEASE TALK TO SOMEONE YOU TRUST—LIKE A FAMILY MEMBER, TEACHER, OR A FRIEND. YOU CAN ALSO REACH OUT TO LOCAL SUPPORT GROUPS, COUNSELLORS, OR HELPLINES THAT ARE THERE JUST FOR YOU.

MENTAL WELLBEING ORGANISATIONS YOU CAN REACH OUT TO

SAMARITANS

SAMARITANS OFFER FREE, CONFIDENTIAL SUPPORT TO ANYONE STRUGGLING EMOTIONALLY, INCLUDING YOUNG PEOPLE DEALING WITH DEPRESSION OR TOUGH TIMES. THEIR DEDICATED VOLUNTEERS ARE AVAILABLE 24/7 TO LISTEN WITHOUT JUDGMENT AND PROVIDE SUPPORT.

CONTACT DETAILS:

HELPLINE: 116 123

EMAIL: JO@SAMARITANS.ORG

VISIT: WWW.SAMARITANS.ORG FOR MORE INFORMATION

KOOTH

ANY YOUNG PERSON AGED BETWEEN 10-25 CAN ACCESS KOOOTH.COM IN BARNSELY.

KOOTH IS AN ONLINE COUNSELLING AND EMOTIONAL WELL-BEING PLATFORM FOR CHILDREN AND YOUNG PEOPLE, ACCESSIBLE THROUGH MOBILE, TABLET AND DESKTOP AND THE SERVICE IS FULLY FUNDED AND HENCE FREE AT THE POINT OF USE. IT GIVES CHILDREN AND YOUNG PEOPLE EASY ACCESS TO AN ONLINE COMMUNITY OF PEERS AND A TEAM OF EXPERIENCED COUNSELLORS.

THERE ARE NO WAITING LISTS FOR SUPPORT AND NO REFERRAL NEEDED. ACCESS TO THE PLATFORM IS AVAILABLE INSTANTLY 24/7.

GO TO WWW.KOOOTH.COM TO GET STARTED TODAY.

SUPPORT AVAILABLE INCLUDES:

- LIVE CHAT OR MESSAGING WITH QUALIFIED MENTAL HEALTH PROFESSIONALS
- SELF-HELP TOOLS, ACTIVITIES AND HELPFUL ARTICLES
- ONLINE COMMUNITY

LIVE CHAT AVAILABLE FROM:

MONDAY TO FRIDAY: 12PM - 10PM

SATURDAY AND SUNDAY 6PM - 10PM

MORE INFORMATION CAN BE FOUND HERE:
[HTTPS://EXPLORE.KOOOTH.COM/WHAT-IS-KOOOTH/](https://explore.kooth.com/what-is-kooth/)

BRANCHING MINDS

IF YOU'RE FEELING OVERWHELMED OR HAVING THOUGHTS THAT ARE HARD TO COPE WITH, BRANCHING MINDS IS HERE TO HELP. IT'S THE FIRST POINT OF CONTACT IN BARNSELY FOR CHILDREN AND YOUNG PEOPLE WHO ARE DEALING WITH MENTAL HEALTH CHALLENGES, INCLUDING THOUGHTS OF SUICIDE.

A TEAM OF EXPERIENCED PRACTITIONERS WILL LOOK AT YOUR NEEDS AND CREATE A PLAN TO SUPPORT YOU. BRANCHING MINDS BRINGS TOGETHER COMPASS BE AND CAMHS UNDER ONE ROOF, SO YOU AND YOUR FAMILY CAN GET THE RIGHT HELP AT THE RIGHT TIME, MAKING THE PROCESS SMOOTHER AND EASIER.

WHETHER YOU'RE A CHILD, YOUNG PERSON, FAMILY MEMBER, CARER, OR PROFESSIONAL, YOU CAN REACH OUT TO BRANCHING MINDS FOR SUPPORT WITH MENTAL HEALTH AND EMOTIONAL WELL-BEING. HELP IS JUST A STEP AWAY!

YOU CAN REQUEST SUPPORT FROM BRANCHING MINDS BARNSELY BY:

- CALLING THE TEAM ON 01226 107377
- COMPLETING THE 'REQUEST FOR SUPPORT' FORM ONLINE AT [COMPASS-UK.ORG/SERVICES/BARNSELY-MHST](https://compass-uk.org/services/barnsley-mhst) OR [WWW.SOUTHWESTYORKSHIRE.NHS.UK/CAMHS-BARNSELY](https://www.southwestyorkshire.nhs.uk/camhs-barnsley)

THE BRANCHING MINDS TEAM IS AVAILABLE MONDAY – THURSDAY, 9AM – 5PM AND FRIDAY, 9AM TO 4PM (EXCLUDING BANK HOLIDAYS). FOR EMERGENCY SUPPORT OUTSIDE OF THESE HOURS, PLEASE CONTACT YOUR OUT OF HOURS GP (BY CALLING YOUR PRACTICE NUMBER AS USUAL) OR NHS 111.

NSPCC

CHILDLINE IS A SAFE SPACE WHERE YOUNG PEOPLE UNDER 19 CAN GET SUPPORT. WHATEVER'S ON YOUR MIND—FEELING SAD, WORRIED, OR GOING THROUGH SOMETHING TOUGH—THEY'RE HERE TO HELP.

CONTACT DETAILS:

HELPLINE: 0800 1111

ONLINE CHAT: VISIT [CHILDLINE.ORG.UK](https://childline.org.uk) TO CHAT WITH A TRAINED COUNSELLOR.

CHILYPEP

HOME IS AN EARLY SUPPORT MENTAL HEALTH AND EMOTIONAL WELLBEING HUB FOR ANY YOUNG PERSON AGED BETWEEN 11 AND 25 WHO LIVES, OR IS IN EDUCATION, IN BARNSELY. HOME PROVIDES OPEN ACCESS, FLEXIBLE EARLY SUPPORT IN A NON-JUDGEMENTAL, WELCOMING, YOUNG PERSON FRIENDLY SPACE. HOME OFFERS A WEEKLY PROGRAMME OF WELLBEING SESSIONS, 1-2-1 SUPPORT, COUNSELLING AND SIGNPOSTING TO OTHER SERVICES. ANY YOUNG PERSON WHO IDENTIFIES THEY ARE STRUGGLING CAN REQUEST SUPPORT FROM HOME EITHER BY SELF-REFERRAL OR BY A PARENT OR PROFESSIONAL COMPLETING THIS REQUEST ON THEIR BEHALF. YOU CAN ALSO CALL IN IF YOU NEED TO TALK TO SOMEONE OR WANT TO SELF-REFER.

OUR TEMPORARY HOME IS GROUND FLOOR, WELLINGTON HOUSE, MARKET STREET, BARNSELY (ENTRANCE ON WELLINGTON STREET).

FOR FURTHER INFORMATION GO TO: [HTTPS://CHILYPEP.ORG.UK/HOME-BARNSELY/](https://chilypep.org.uk/home-barnsley/) WHERE YOU CAN ALSO COMPLETE A SIMPLE REQUEST FOR SUPPORT FORM.

TEL: 01226 216123

EMAIL: HOME@CHILYPEP.ORG.UK

THE "WALK WITH US" TOOLKIT IS HERE TO HELP KIDS, TEENS, AND FAMILIES DEALING WITH THE LOSS OF SOMEONE TO SUICIDE.

IT'S MADE TO SUPPORT PROFESSIONALS, PARENTS, AND CARERS, BUT IT'S ALSO PACKED WITH HELPFUL INFO FOR YOU.

YOU CAN READ IT HERE: [HTTPS://SUPPORTAFTERSUICIDE.ORG.UK/WP-CONTENT/UPLOADS/2022/11/WALK-WITH-US-TOOLKIT.PDF](https://supportaftersuicide.org.uk/wp-content/uploads/2022/11/WALK-WITH-US-TOOLKIT.PDF)

SUICIDE PREVENTION ORGANISATIONS YOU CAN REACH OUT TO

PAPYRUS

HOPELINE247 IS A FREE, FRIENDLY AND CONFIDENTIAL HELPLINE FOR ANYONE UNDER THE AGE OF 35 STRUGGLING WITH THOUGHTS OF SUICIDE. YOU CAN CHAT TO AN ADVISER ANY TIME, DAY OR NIGHT, SHARE HOW YOU'RE FEELING, AND OUR TRAINED ADVISORS WILL HELP YOU TO STAY SAFE FOR NOW FROM SUICIDE WITH AN INDIVIDUAL SAFETY PLAN THAT YOU'LL BE ABLE TO ACCESS ONLINE AT ANY TIME. HOPELINE247 IS COMPLETELY CONFIDENTIAL, SO WE WON'T SHARE YOUR INFORMATION WITH PARENTS, CARERS OR OTHER PROFESSIONALS UNLESS WE BELIEVE THAT YOUR LIFE IS AT IMMEDIATE RISK OF HARM, IN WHICH CASE WE WILL ENCOURAGE YOU TO ACCESS EMERGENCY SUPPORT.

HOPELINE247
CALL - 0800 068 4141
TEXT - 88247

AMPARO

WE'RE HERE TO HELP AFTER SOMEONE YOU CARE ABOUT HAS DIED BY SUICIDE. THIS KIND OF SUPPORT IS CALLED POSTVENTION—IT MEANS HELPING PEOPLE AFTER A LOSS, WHICH CAN ALSO HELP PREVENT FUTURE STRUGGLES.

AMPARO IS HERE FOR EVERYONE, NO MATTER HOW OLD YOU ARE—KIDS, TEENS, OR ADULTS. WHETHER IT HAPPENED RECENTLY OR A LONG TIME AGO, YOU CAN TALK TO US OR BE REFERRED FOR SUPPORT. WE'RE HERE TO LISTEN, HELP YOU UNDERSTAND YOUR FEELINGS, AND SUPPORT YOU THROUGH THIS TOUGH TIME.

WEBSITE: [AMPARO.ORG.UK](https://www.amparo.org.uk)
PHONE: [0330 088 9255](tel:03300889255)