

# Local mental health help

In Herefordshire and Worcestershire



## I feel okay.

### Looking after yourself

There are some simple things you can do to keep feeling happy. They're known as the 5 ways to wellbeing.

- **Keep active:** run, jump or do sports.
- **Take notice:** paint what you can see, listen to sounds or play I spy.
- **Connect:** talk and make new friends.
- **Keep learning:** how you want to.
- **Give:** help at home or share with friends.



## I feel sad or worried.

### Talk to someone

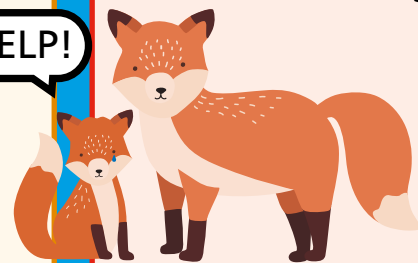
Talk to a family member like your mum or dad, a close friend or a trusted adult for example your teacher about how you feel.

### Visit the CAMHS website

It includes activities you can do at home and where to go for help.


[www.camhs.hacw.nhs.uk](http://www.camhs.hacw.nhs.uk)


HELP!





## I have thoughts of hurting myself or I am in danger.

### Call the NHS mental health helpline for free:

 **0808 196 9127** at any time and on any day.

 **Call 999** If there is an emergency, you are really hurt or feel unsafe.

## Other people who can help you

-  **Young Minds:** Text YM to 85258 anytime for free support
-  **Childline** free phone: 0800 1111



You can also scan this QR code to access an online version in your own time.

## Worried about a child's mental health

- **Share concerns** with the child's school/ college
- **Visit the CAMHS NHS website** [www.camhs.hacw.nhs.uk](http://www.camhs.hacw.nhs.uk)
- **Visit your GP Practice Team** if you are a parent or carer to discuss the best options, including access to specialist services.