






Health & Wellbeing Support

Don't worry if you usually get help & support in school and are working from home.
You can pick from this menu of services if you need to talk to someone.

Service	Information/Support Offered	Contact details
CAMHS Live	Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stressed	www.nhft.nhs.uk/camhslive
Young Minds	Crisis Messenger	text YM to 85258
Ask Norman	Young person one stop shop for advice and support	https://www.asknormen.co.uk/
Childline	Online, on the phone help about all areas of concern. Web site is full of useful information	0800 1111 www.childline.org.uk
Service 6	self-refer for counselling or self-help around self-harm, sexuality, anger management, bullying and Online Safety	www.servicesix.co.uk 01933 277520/ 01933 273746
Sexual Health	Emergency contraception, STI's, Advice	School Nurse text 07507 329 600 (8am - 4:30pm Monday - Friday all year round)
VOICE	victim of theft, robbery, attacks, abuse, violence, harassment, or stalking?	0300 3031965
CIRV	In a Gang and want out? Know someone else who needs help getting out of gang related activity?	call 24/7 on 07539183975
NGAGE/ Aquarius	Need help with Drug & Alcohol abuse? NGAGE with Aquarius is an early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire.	ypnorthamptonshire@aquarius.org.uk 01604 633 848
STEM	Supporting teenage mental health	www.stem4.org.uk
NHS	For your mind, for your body – support for all areas	111 www.nhs.uk
Rushden Mind	Support at the Crisis Café	www.rushdenmind.org.uk/crisis-cafe/
SHAPE	Self-Harm Awareness and Prevention Enterprise	07496920433 shape@rushdenmind.org.uk

Apps to download for self-help.

App	Helps you with	image
Calm Harm (part of STEM)	help you to resist or manage the urge to self-harm and can help to reduce anxiety.	
Clear Fear (part of STEM)	Clear Fear is a free app to help children and young people manage the symptoms of anxiety.	
Combined Minds (part of STEM)	Combined Minds is a free app to help families and friends provide mental health support.	
What's Up	Use the positive and negative habit tracker to maintain your good habits	

Mind Shift	Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.	
Happify	The Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.	