

Health and wellbeing is really important.

It is vital that we are all looking after our bodies and minds to keep us fit and healthy.

There are loads of support services across Medway and Swale for children and young people, and this isn't even close to being all of them!

Scan the QR code on the back page to view all of this information online, and be able to click through onto each of these service's websites.



If you are looking for social or creative outdoor and indoor activities in your local area, you should check out the **Everyday Active** website. It has loads of different types of children and young people's clubs and events, you're sure to find something that you'll enjoy.

Check out their website at <https://www.everydayactivekent.org.uk/>

To find out more about Healthwatch Medway, visit [www.healthwatchmedway.com](http://www.healthwatchmedway.com) or, scan the QR code to take you straight there.



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Medway

## Children and Young People's Mental Health Support across Medway and Swale



Find all types of mental health support services inside.

If you would like support or anonymous advice **over text**, here's some places you can go!

#### Shout

Shout is a text service that provides 24/7 mental health support. To access this service, simply text the word '**PURPLE**' to **85258**. You can access their website at <https://giveusashout.org/>.

#### ChatHealth

ChatHealth is a confidential and anonymous texting service for children and young people aged 11-19 in Medway. The response time is within 24 hours, 9am-5pm, Monday to Friday (except bank holidays). To access this service, text **07480 635786**, or visit their website at <https://chathealth.nhs.uk/>.

If you would prefer **face-to-face** support, check out these services!

#### BeYou Project

The BeYou project offers peer and individual support for LGBT+ young people in Kent and Medway for ages 8-25. Check out their website at <https://thebeyoproject.co.uk/>.

#### Mind North Kent

Over at North Kent Mind they offer free sessions for 5-18 year olds on developing their understanding of mental health and wellbeing. They also offer Short Intervention Therapy (SIT) in Medway for CYP aged 5-18 with a social worker or early help worker (or 25 for care leavers or those with SEND). Find more info at <https://northkentmind.co.uk/>.

#### Medway Youth Service

Medway Youth Service have Youth Centre sessions and activities, including Shine sessions for people aged 10-18 with disabilities or additional needs. They also offer Brief Intervention Counselling for people aged 10-19 experiencing low level needs or need support with challenges in their lives. Check out the service at <https://www.medway.gov.uk/youth>.

#### Metro

The METRO website has a wide range of youth support, from LGBTQIA+ safe space clubs to over-the-phone sexual health advice. You can find loads more on their website <https://metrocharity.org.uk/>.

**If you are having an urgent mental health crisis, call 111 and select option 2 to speak to a specially-trained mental health practitioner.**

**If you think there is a risk to your life, or the life of someone else, please do not call 111. Dial 999 instead.**

*FEELING STRESSED?*

*FEELING DOWN?*

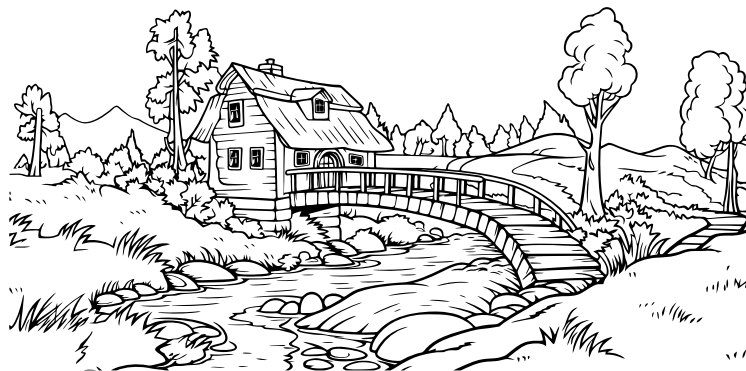
Why not reach out to one of these services and let off some steam?

If you want, let's take a second to chill and be mindful. Take a breath.

Below is a mindful colouring exercise. Feel free to complete this whenever you like, and remember to take some space and give yourself a break.

**You're amazing and you're doing so well!**

Take this as a reminder that it is okay to reach out for help, no matter what you're going through. Everyone needs help sometimes!



There is loads of support **online** too!  
Here are a few places you can access on the web for mental health support.

Young Minds - Advice and information giving young people the tools to look after their mental health, for all ages. <https://www.youngminds.org.uk/>

Togetherall - Online community including self-guided courses for ages 16-18. <https://togetherall.com/en-gb/>

Kooth - Online community giving anonymous and confidential advice for ages 10-25. <https://www.kooth.com/>

Every Mind Matters - NHS website offering advice, practical tips, and plenty of help and support if you're stressed, anxious, low or struggling to sleep, for young people. <https://www.nhs.uk/every-mind-matters/>

The Mix - Short-term help (usually eight sessions) with mental health and emotional wellbeing for ages 11-25. <https://www.themix.org.uk/>

Calm Harm - Private and anonymous app to help manage the urge to self-harm for ages 13+. <https://calmharm.stem4.org.uk/>

Alumina - Free, online 7-week course for young people struggling with self-harm for ages 10-17. <https://www.selfharm.co.uk/>

Ollee - A digital friend for children aged 8-11 to help them reflect on how they feel and process their experiences with the support of their parents/ carers. <https://app.ollee.org.uk/#/welcome>

With You Mind & Body Programme - Supports children and young adults who are self-harming, at risk of self-harming or struggling with their mental wellbeing, for ages 18-25. <https://www.wearewithyou.org.uk/>

Moodspark - A space created by young people for young people to help navigate and learn about emotions for ages 10-16. <https://moodspark.org.uk/>

Kent Youth Health - Online resources on feelings, sex, health and relationships for teenagers in Kent and Medway. <https://www.healthforteens.co.uk/>