

Wellbeing Support Information & Signposting

A quick guide to sources of support for Broadwater parents and students

Get help in a mental health crisis

Mental Health Crisis Helpline: 0800 915 4644



24 hour support for people in Surrey and North East Hampshire experiencing a mental health crisis

Please note: this number is now also the 24/7 mental health crisis line number for children, young people and their families. Please call 0800 915 4644 if you're in crisis or worried about yourself or a young person.

If you have speech or hearing difficulties, you can contact us through:

- SMS text: 07717 989024
- for text support for people with hearing impairments, dial 18001 0800 915 4644 from your text phone or smartphone app. More information at www.relayuk.bt.com

If you or someone else is in a life-threatening situation then ring 999 immediately.

If you urgently need medical help or advice but it's not a life-threatening situation, you can call 111.

Online Support



A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online



CYP Haven is situated in Guildford town centre and provides a safe place where anyone aged 10-18 years old can speak to a qualified mental health professional. For more information go to cyphaven.net



Visit mind.org.uk to find information, support and guidance on how to deal with different mental health issues. There is a separate section for young people aged 11-18.



Create a Mind Plan on NHS Every Mind Matters – answer 5 short questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.



Mindworks Surrey is the new emotional wellbeing and mental health service for children and young people in Surrey.

Visit <https://www.mindworks-surrey.org/> to find a wealth of information about support and services available.