

# Wellbeing Services Guide UK

Talent

**RISE**

# *The importance of health and wellbeing*



We can never underestimate the importance of living a life where we are mentally healthy and surrounded by people who support us and love us for who we truly are. We must remember that we all deserve to:

- Enjoy our lives and live them to our fullest potential
- Have the capability to build and maintain relationships with others
- Be able to set goals and work towards them
- Have the ability to cope in our lives and bounce back from situations that cause us stress and sadness

Life gets so busy and we tend to ignore the areas in our lives that need the most attention – putting it off until tomorrow, next week, next month, next year.

It can often feel overwhelming and too hard, but there are many things we can do to help ourselves and an array of support services out there to help and to guide us in the right direction.

We all need support from time to time and for someone to teach us new coping skills and knowledge.

Talking to a family member, a friend, your doctor or reaching out to a support service can truly make all the difference.

We all need different types of/levels of support, so in this guide we have provided you with a list of different services that could help you in areas like mental health, accommodation and finances.

Let's not wait until tomorrow, let's do this today!

**There is no time like the present!**

*Never forget,  
you are not alone*

## Mental Health Services



### YoungMinds

YoungMinds are leading the movement to make sure every young person aged up to 25 gets the mental health support they need, when they need it, no matter what. They work closely with young people and their families,

They provide a huge amount of youth friendly information and support on their [website](#) and on social media. They also offer 24/7 free text messaging support.

#### **YoungMinds operates Nationwide**

##### **Get in touch:**

Text YM to 85258 (Free 24/7)

<https://www.youngminds.org.uk/young-person/>

**YOUNGMINDS**  
fighting for young people's mental health

### Mind

Mind provide advice and support to empower anyone experiencing a mental health problem, including young people.

They also have [a network of around 125 local Minds](#) across England and Wales that offer specialised support and care directly to those who need it most.

#### **Mind operates Nationwide**

##### **Get in touch:**

0300 123 3393 (Available 9am-6pm Monday to Friday)

<https://www.mind.org.uk/information-support/>



## PAPYRUS UK

PAPYRUS is the national charity dedicated to the prevention of young suicide.

They exist to reduce the number of young people aged up to 35 who take their own lives by shattering the stigma around suicide and equipping young people with the skills to recognise and respond to suicidal behaviour.

They provide confidential support and advice to young people struggling with thoughts of suicide, or worried about someone else, through their helpline, HOPELINEUK

### **PAPYRUS operates Nationwide**

#### **Get in touch:**

0800 068 4141  
07860 039 967  
(Both Available 9am – midnight everyday)

<https://www.papyrus-uk.org/>



## Samaritans

Every day, Samaritans' volunteers respond to around 10,000 calls for help. They are here, day or night, for anyone who's struggling to cope, or who needs someone to listen without judgement or pressure.

Samaritans is not only for the moment of crisis, but they're also taking action to prevent the crisis.

### **Samaritans operates Nationwide**

#### **Get in touch:**

116 123 (Available 24/7, 365 days a year // Free to call within UK)

<https://www.samaritans.org/>



# Housing Help

## Shelter

Shelter exists to fight for all those whose lives are blighted by the loss of their home.

Their advice and support services offer one-to-one, personalised help with housing issues and homelessness. Via their website you can find expert information about everything from reclaiming your deposit to applying as homeless.

Shelter run a free emergency helpline to answer calls from anyone struggling with a housing issue or homelessness. Their solicitors provide free legal advice and attend court to help people who've lost their homes or are facing eviction. You can also speak to an adviser over webchat.

### Shelter operates Nationwide

#### Get in touch:

0808 800 4444 (Urgent helpline available 365 days a year. 8am – 8pm Monday-Friday // 9am-5pm Weekends)

[https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)  
Online webchat available



## Centrepont

Centrepont provides homeless young people with accommodation, health support and life skills in order to get them back into education, training and employment.

They run a helpline for young people aged 16 – 25 who are homeless or at risk of being so. You can also speak to an adviser over webchat.

### Centrepont operates in England

#### Get in touch:

0808 800 0661 (Free, available 9am – 5pm Monday-Friday)

<https://centrepont.org.uk/youth-homelessness/get-help-now/>  
Online webchat available



# Financial Advice

## The Money Charity

The Money Charity provide education, information, advice and guidance to people of all ages, helping them to manage their money well and increase their financial wellbeing.

Their website includes lots [of helpful information and advice](https://thefirststep.org.uk/helpful-information-and-advice) for people of all ages, and they also provide resources and run workshops specifically tailored for students and young people.

**The Money Charity operates Nationwide**

### Get in touch:

020 7062 8933 (9am-5:30pm)

<https://thefirststep.org.uk/helpful-information-and-advice>

The  
**MONEY**  
Charity



## Prince's Trust

The Prince's Trust have partnered with the Money Advice Service to bring you a range of tools to support your finances.

From planning your monthly spending budget to finding the best deal at the supermarket, there's lots of handy tools to support you and your finances.

**The Prince's Trust operates Nationwide**

### Get in touch:

<https://www.princes-trust.org.uk/help-for-young-people/tools-resources/money-management>



# Substance Use

## FRANK

FRANK provides honest information about drugs to anyone struggling with substances or worried about a friend.

They provide friendly, confidential advice via phone, text and webchat.

### FRANK operates Nationwide

#### Get in touch:

0300 123 6600 (Available 24/7 seven days a week)

Text a question to 82111 and Frank will text you back

<https://www.talktofrank.com/contact-frank>

Online webchat available

