



Resources: Supporting Sign-Posts for Mental Health

Emergency Support

If you feel you need urgent help contact one of the following 24 hour services:

- The Samaritans online or by phone 116 123 (freephone) <https://www.samaritans.org/>
- Your local hospital Accident and Emergency will have a mental health crisis team

Support within your school

- Make a list of contacts and make it available to staff.
- Does your school provide a mental health / work support helpline?
- Who in your school can provide mental health support for teachers? (school nurse, Occupational Health , Human Resources etc).
- Who are the mental health first aiders (if any)? [\[https://mhfaengland.org/\]](https://mhfaengland.org/)

Support from external organisations

The Education Support Partnership have a 24/7 free help line 08000 562 561 <https://www.educationsupport.org.uk/>

MIND <https://www.mind.org.uk/>