



Young Adult Mental Health support

Young people have been uniquely impacted by the pandemic and lockdown, with NHS research suggesting 1 in 6 may now have a mental health problem, up from 1 in 9 in 2017.

If you yourself are experiencing struggles with your own mental health, or if there is a young person in your life who isn't coping (be it a family member, friend or colleague), there is support available.

It is important to note that if your mental health is disrupting your everyday life you should first try to seek professional help and talk to your GP.

If you or someone you know need urgent mental health support, call 111 option 2.

To help children and young people, their parents and carers manage their mental wellbeing, deal with stress and tackle issues like anxiety and uncertainty, Central Bedfordshire Council has put together a series of local Mental Health services.

Contacts and links to additional support

[NHS Every Mind Matters website](#) has loads of useful advice and there are helplines if you need someone to talk to. You can find all this information on our [website in full](#).

For young adults, between 13 - 25

[Young minds](#): whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, Young minds can help.

[The Mix](#): The Mix are available to help you take on any challenge you may face. Whether you're 13, 25 or anything in between. UK's support service for young people The Mix has a dedicated advice section on [coping with lockdown](#).

Shout 85258: Anxious? Worried? Stressed? Feeling low? Text Shout to **85258** for free 24/7 support in the UK.

[Calm](#): Movement against suicide. Free, confidential helpline **0800 58 58 58** & webchat, 5pm to midday daily.

[Samaritans](#): Free helpline is available round the clock on **116 123**. Or contact us by email: jo@samaritans.org.

[Student Space](#): One-to-one support for whatever challenge you're facing, designed for students. Whether it's your mental health, your studies, money, housing or relationships, we're here to support you.

For children (under 13) and parents

Place 2 Be: (for young ages) Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.

Childline: A free, private and confidential service where you can talk about anything. Going into lockdown again might feel overwhelming but it's important to remember that even when you can't see people, you're not alone. Childline is here to talk about: anything.

COVID-19 health advice

Under 25s	Over 25s	Parents
YOUNGMINDS powered by shout 85258 Crisis Messenger Text YM to 85258 Open 24/7 THE MIX Call 0808 808 4994 3pm - 12am, every day childline ONLINE, ON THE PHONE, ANYTIME Call 0800 1111 7:30am - 3:30am, every day	mind for better mental health Call 0300 123 3393 9am - 6pm, Mon - Fri SAMARITANS Call 116 123 Open 24/7	YOUNGMINDS Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri

For more advice and information
visit: youngminds.org.uk/find-help

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