

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Mental Health Problems

Mental health problems are very common; especially during times of stress. Loxwood Medical Practice is here to help if you feel things are becoming too much. We are available from 8am to 6.30pm Monday to Friday for face-to-face or telephone appointments or send us an email.

When to seek professional help?

If you are feeling low for a long period of time, it's time to seek professional help. Any professional working with children and young people will know what to do.

How do I get help?

**Sussex Mental Health line:
0300 5000 101**

If you are worried about speaking to your GP, or not sure what you would say, have a look at [DocReady](http://www.docready.org) for some help about getting the most information and help out of your appointment.

www.docready.org

Help is also available through school and college support services and [YouthHub @Horsham](https://www.facebook.com/YouthHub@Horsham).

The doctors or nurses here may be able to refer you to Youth Emotional Support (YES). This is an excellent service forming part of the West Sussex Child and Adolescent Mental Health Service (CAMHS). Find out more by visiting their Facebook page.



Could your parents help?

It is often hard for parents to know what they can say or do that would make you feel better. The most important thing is to start talking so that people know how you are feeling.

DOCREADY

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What about going online?

NHS Support www.nhs.uk

Dealing with a mental health crisis or emergency, call NHS111 or dial 999, or Samaritans call 116 123.

Happy Maps

www.happymaps.co.uk

Useful information for people of all ages and parent advice too.

Kooth www.kooth.com

Is an online counselling and emotional well-being platform for children and young people.

Headspace www.headspace.com

They offer mindfulness and meditation apps to improve your wellbeing.

Young minds

www.youngminds.org.uk

They have a range of resources to give you a boost.

Are you struggling with thoughts of self-harm?

The Calm app can help you gain control.

WYSA www.wysa.io

can help manage your mood when no-one else is available.

