



ONLINE RESOURCES AND SUPPORT FOR EMOTIONAL HEALTH AND WELLBEING

Information is available on these websites:

[Swindon Local Offer : Wellbeing Support](#)

[Swindon Borough Council : Health and Wellbeing](#)

[Advice for Parents](#)

[Kooth](#)

[CAMHS](#)

Child and Adolescent Mental Health Service – **urgent** helpline for children and young people, parents and carers.

Provided by Oxford Health NHS Trust – 0800 023 2133

If you have a concern about a child or young person's mental health please phone: 01865 903777 (9am – 5pm weekdays) or out of hours 01865 901 000

How are you?

#Ask Twice

Always ask for help

Talk to Family or Friends

Do something relaxing

Eat healthy food & drink water

For support for children and young people:

Swindon Borough Council

Early Help Hub

ehh@swindon.gov.uk

Telephone:

01793 466479

