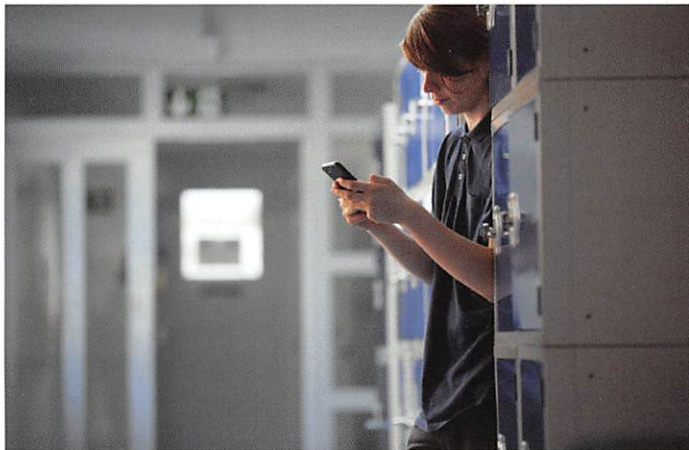


What is Live Minds?

- Live Minds is a telephone service offered by Younger Mind for young people living in Stoke-on-Trent, aged between 11 and 18
- Live Minds is a confidential service, BUT if we feel that you are a young person at risk we may need to share what you tell us with other people who can offer you the right help. If this happens we will let you know immediately and we will be open and honest with you
- Live Minds is a support and advice service for young people who would like help with their emotional health and wellbeing
- Live Minds is also able to provide information about other services, both locally and nationally, which you can access for support
- Where helpful, we can also send you leaflets and other information for you to look through in your own time for further support



Live Minds will not...

- Live Minds will NOT be able to offer emergency or crisis support. We recommend that if you feel like your life, or someone else's, is in immediate danger that you dial 999. Alternatively, you can visit A&E, your GP or contact PAPYRUS
- Live Minds is NOT a counselling service



Who can use Live Minds?

- Anyone between 11 and 18 years old who lives in Stoke-on-Trent can use Live Minds
- You don't have to be using any Younger Mind or other mental health service to call Live Minds
- If you are a young person on a waiting list for counselling or other therapy you can still call Live Minds
- If you are a young person already receiving support from an organisation you can still call Live Minds between appointments if you need support

What you can talk to Live Minds about

- Live Minds is a service for you and it is here for you to talk about anything that affects the way you are feeling emotionally
- For example, things that can affect the way you are feeling might include: bullying, friendships, family life, school, relationships, and bereavement, among many other things



- You can talk with us about anything that leaves you feeling sad, upset, anxious, depressed, or just a little confused

Please call free on

0800 0051 445

Wednesday 4pm-8pm
& Thursday 4pm-9pm

What to expect when you call Live Minds

- The person that you speak with at Live Minds will listen to you
- They will not judge you
- They will try to support you OR they will try to help you access the right support from other people
- They will keep anything you tell them confidential UNLESS they feel that you are at risk. If they feel that you are at risk, they will let you know immediately and will be open and honest with you
- They will be able to offer you some coping strategies, other interventions and support to help you manage how you are feeling
- They will be able to send you information in the post, or by email, that may help



How you can contact Live Minds

- You can contact Live Minds by calling 0800 0051 445

When you can contact Live Minds

- From April 18th, Live Minds will be available on Wednesdays only between 4pm and 8pm
- From April 26th, it will also be offered on Thursdays between 4pm and 9pm
- Moving forwards, more evenings and some afternoons will also be offered

Useful services if you are experiencing crisis

- Emergency Services: Call 999
- Alternatively visit A&E or your GP
- POPYRUS (HOPELine UK):
Call 0800 068 41 41 or text 07786 209 697



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Live Minds

A confidential telephone support and advice service for young people living in Stoke-on-Trent, aged 11-18



Please call free on

0800 0051 445

Wednesday 4pm-8pm & Thursday 4pm-9pm

For help with your emotional health and wellbeing

If you feel that your life, or someone else's life is at risk please dial 999 for immediate assistance or visit A&E or a GP

This is NOT a counselling or crisis support service