

TIC+ Counselling Support Plan

DATE

You (or someone you trust) can contact TIC+ to ask for some counselling support

Web chat: www.ticplus.org.uk or Phone: 01594 372777 or Text: 07520 634063

I will let your parent/carer know how you are feeling

If you were worried about yourself you could talk with:

Friend

Adult

Professional
involved

If you are feeling down these might help you to ride out this feeling

- **Distracting activities** (e.g. music, gaming, reading)
- **Mood lifting activities** (e.g. watch comedy, play instrument, internet)
- **Physical activities** (e.g. walking, running, cycling, dance)
- **Social activities** (e.g. text or talk to friends, social media)
- **Other activities** (e.g. playing with pets, hobbies, cooking)

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If you need medical attention or feel unable to keep yourself safe you or your parent/carer can:

Talk to your **GP** (between 9am-5pm Monday to Friday)

Samaritans:

www.samaritans.org
National Freephone: 116 123 (24-hours).

Call the **2gether Crisis Team:** 0800 1690398 available 24/7

Go to the **Accident and Emergency Department** at your local hospital.

If you want more information these links and local services might be helpful

- **NHS 2gether** services for children and young people website: www.cayp.2gether.nhs.uk
- **NHS On Your Mind** www.onyourmindglos.nhs.uk
- **Gloucestershire Self Harm Helpline:** every day 5pm -10pm.
Phone: 0808 801 0606 Text: 07537 410 022
www.gloucestershireselfharm.org
- **NHS School Nursing** confidential text chat service 9am-4.30pm Monday-Friday (excluding Bank Holidays) Text: 07507 333351
- **School Nurse** Drop-in at your school
- Contact **Childline** (0800 1111 or www.childline.org.uk)
- **TIC+** counselling for children and young people www.ticplus.org.uk

We will meet again to talk about how you are feeling on:

Helpers name:

Copy for young person and helper