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# Children & Young People

Whether it's spending time on social media, being with friends and family, or going to University, there are things we do every day that impact our mental health. During these difficult times, with the pandemic, we all need to look after ourselves. It's common to suffer from low mood and low self-esteem at some point in your life, but you can do things to make it better. Just like your body can become unwell, your mind can become unwell too, and just like with physical illness, treatment and support is available.

The support agencies provided within this leaflet are nationally recognised and able to provide support for mental health conditions, problems at school, university living, learning disabilities and difficulties, and for lifestyle choices.

If you are a single parent, the Gingerbread charity can provide valuable advice and support and help you to focus on what is important in your family life.

During your time in police custody, you were seen by a Health Care Professional from Mitie Care & Custody.

After you have been released from custody, if you are prescribed any medications by your GP, you should continue to take these as you would do usually, unless the Health Care Professional has advised you differently.

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## Contact Numbers

National Support Groups:

**YOUNGMINDS**

0800 802 5544 - lines open 8am to 4pm

<https://youngminds.org.uk/blog/>

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Gingerbread**

single parents, equal families

0808 802 0925

[peersupport@gingerbread.org.uk](mailto:peersupport@gingerbread.org.uk)

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

**Support Line Charity**

Confidential emotional support

01708 765200

[www.supportline.org.uk](http://www.supportline.org.uk)

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## Patient Confidentiality

Information held by Mitie Care & Custody about our patients is treated in strict confidence, in accordance with our Data Protection, Caldicott and Confidentiality Policy.



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