



# Highly Sprung fall out

## Resource Pack

Fall Out is a highly visual and provoking physical theatre performance focused on teenage dis-empowerment and suicide. This resource pack is designed for school and community groups to further understand the themes of the performance provides support to begin to explore mental health with groups of young people.

# Who are Highly Sprung?

Highly Sprung Performance Co. produces innovative and original projects that engage children and young people as performers, participants and audience in and outside of formal education.

We create work with, for and alongside children and young people, that inspires creativity and develops the use of physical performance, where people are lifted, thrown and caught. Bodies move together through the space, seamlessly blending text and movement to develop the narrative.

All of Highly Sprung's work aims to create, movement that speaks and text that moves. Projects are innovative and original and always involve, engage and excite.

Highly Sprung offer a range of projects annually that give children and young people opportunities to engage with the company in physical performance and creative education. In all projects Highly Sprung aim to empower children and young people with the skills to achieve.

The company already has a strong reputation in the delivery of inspiring arts projects and performances and have developed good relationships with both primary and secondary schools, arts venues and providers across the region as a provider of high quality arts interventions, performances, residencies and collaborations.

The company works with over 10,000 children and young people annually.



“Releasing creativity in young people across the school. This is what we have been lacking. You're providing experiences and inspiration.”

## fall out

Teenage suicide tackled in nightclub-style performance theatre.

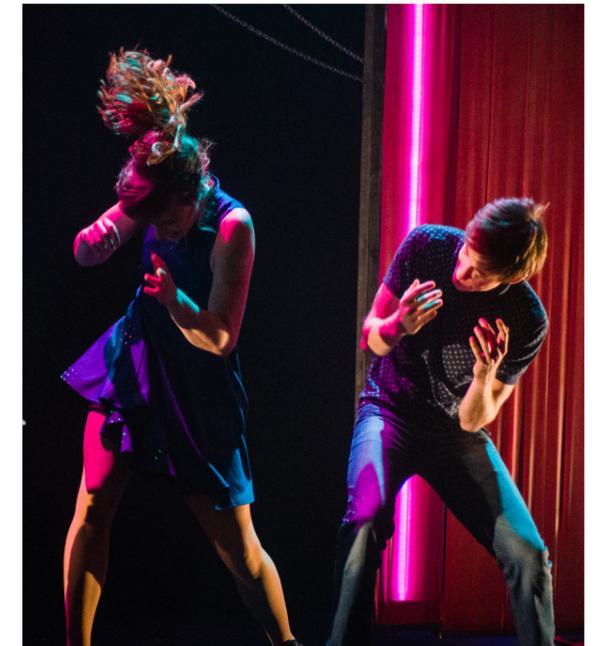
Dis-empowerment, teenage suicide and young people lacking a voice are central themes of the high-energy, physical performance of Fall Out. Fall Out is set in a nightclub and focuses on the story of three young people whose night out leads to self-discovery, tested friendships and the importance of loyalty.

The piece was written in response to a growing concern that more young people are becoming dis-empowered, that they no longer have a voice or control over their own futures. Suicide rates amongst young people have risen in recent years and statistics suggest that 33% of young people (aged 16-24) consider taking their own lives.

Highly Sprung co-directors Mark and Sarah Worth say: *“Fall Out is about young people searching for their voice through adolescence to adulthood. Focused at a young audience, it looks at issues that aren't easily discussed at home or at school, and are therefore often swept under the carpet. Fall Out gives the audience a chance to face these issues head on, in a positive way.”*

Fall Out develops the company's signature style of physical performance, accessing new audiences through the offer of an event that goes beyond the conventional traditions of the theatre. Fall Out looks to combine a high-quality physical theatre performance with the experience of a club night. Set in empty studio spaces, audiences are invited to enter a nightclub, dance becomes interspersed with story/movement/dialogue, with action taking place around and above the audience - a self-contained interactive promenade experience.

The performance has been developed with input and guidance from mental health organisations Young Minds and Service Six.



“Thought provoking and high energy from start to finish”



# Mental Health Statistics

Outlined below are the key statistics about children and young people's mental health and wellbeing in the UK from YoungMindsUK.

**1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class.**

Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.

**There has been a big increase in the number of young people being admitted to hospital because of self-harm.**

Over the last ten years this figure has increased by 68%.

**More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.**

Nearly 80,000 children and young people suffer from severe depression.

**Over 8,000 children aged under 10 years old suffer from severe depression.**

72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society.

**95% of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one disorder.**

The number of young people aged 15-16 with depression nearly doubled between the 1980s and the 2000s.

**The proportion of young people aged 15-16 with a conduct disorder more than doubled between 1974 and 1999.**

*The figures are based on the finding of the latest ONS Child and Adolescent Mental Health Survey which was published in 2004.*

9.6% or nearly 850,000 children and young people aged between 5-16 years have a mental disorder.

7.7% or nearly 340,000 children aged 5-10 years have a mental disorder.

11.5% or about 510,000 young people aged between 11-16 years have a mental disorder.

## What is mental health?

Mental Health affects all aspects of a child's development including their cognitive abilities, their social skills as well their emotional wellbeing. Building emotional resilience is key and we believe there are core attributes seen in mentally healthy children and young people:

The capacity to enter into and sustain mutually satisfying personal relationships

A continuing progression of psychological development

An ability to play and to learn appropriately for their age and intellectual level

A developing moral sense of right and wrong

The capacity to cope with a degree of psychological distress

A clear sense of identity and self worth

With good mental health, children and young people do better in every way. They enjoy their childhoods, are able to deal with stress and difficult times, are able to learn better, do better at school, navigate the online world they grew up in so they benefit from it and enjoy friendships and new experiences.

Childhood and teenage years are when mental health is developed and patterns are set for the future. So a child with good mental health is much more likely to have good mental health as an adult, and to be able to take on adult responsibilities and fulfil their potential.

# Understanding Jay:

Jay is a complex individual who is going through a really tough time in his life. The pressures put upon him by his parents and their separation, as well as having to come to terms with not achieving academically. Fall Out finds Jay at a vulnerable point in time. In meeting Annie, he finds someone who is carefree, well-loved and confident, the complete opposite to how he is feeling. Jay's fate seems to be written on the wall as through the play he displays many of the signs other young people have shown before committing suicide. Unfortunately, like many other teenagers before him, Jay entrust another young person, Annie, who is just not equipped with the skills needed to help him at this time.

## Jay's Warning Signs

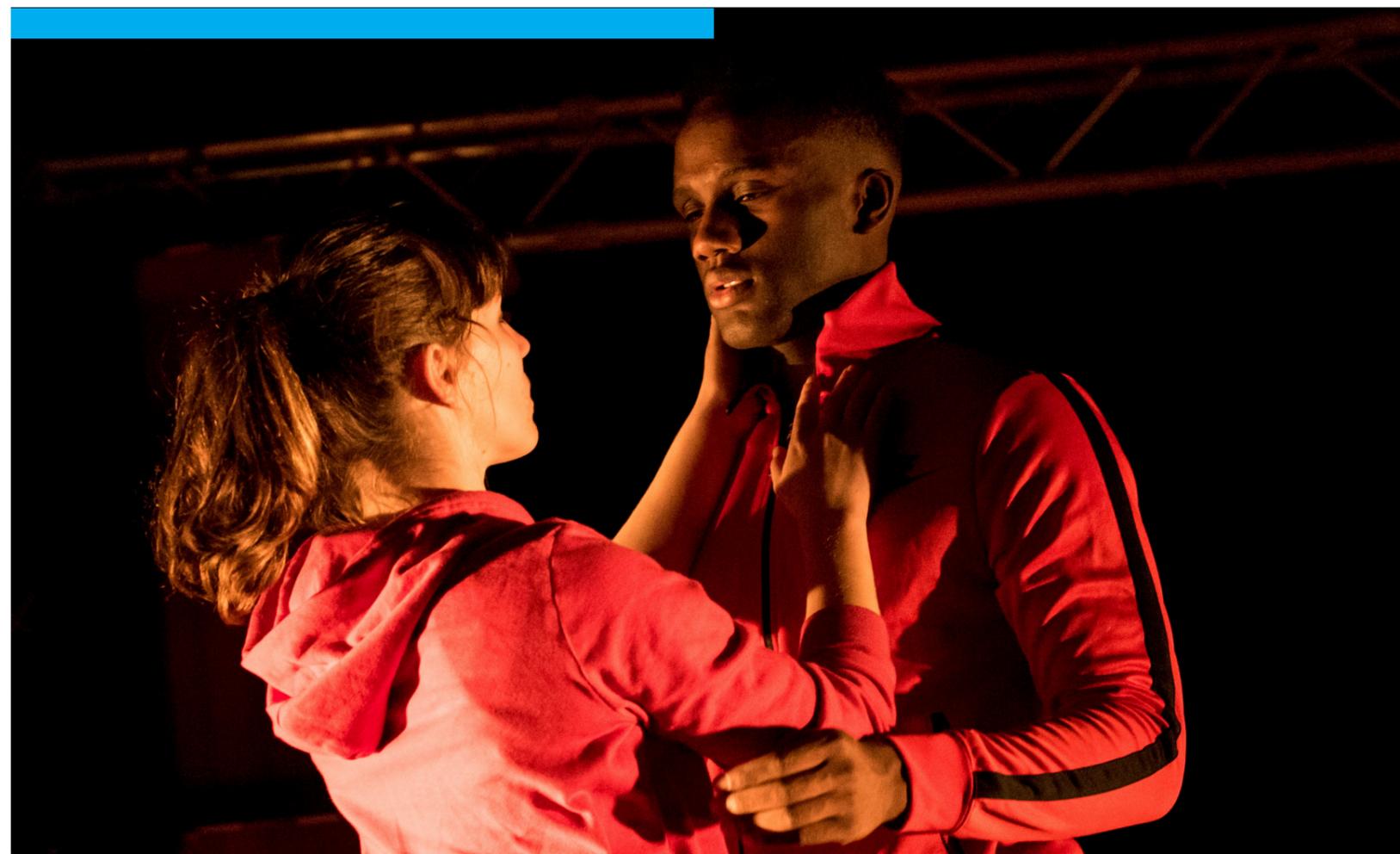
- 1 A sense of hopelessness towards the future.
- 2 Isolation
- 3 Irritability
- 4 Drastic mood changes
- 5 Engaging in Risky Behaviours
- 6 Giving things away



## At risk of suicide?



(Image from: <https://healthyfamilies.beyond-blue.org.au>)



# fall out

## Scene 8: Extract

Using the mental health information and suicide warning signs use the extract from fall out to identify Jay's mental ill health and the indicators of his plan to commit suicide.

THEY ENTER JAY'S BEDROOM UNABLE TO KEEP THEIR HANDS OFF EACH OTHER...

Annie Is your mum in?

Jay She's never in.

Annie: Oh....? Cool.

Jay Just chill, make yourself comfortable.

(Annie LOOKS AROUND and finds a box of cassette tapes)

Jay He doesn't like me you know.

Annie Who?

Jay Will.

Annie He doesn't like anyone new. He'll get used to you.

Jay I'm not sure about that.

Annie Why?

Jay: I'm not like normal people.

(Beat)

Annie Your room is amazing.

Jay How so?

Annie It's just so full of books...have you read them all?

Jay Most of them... what else is there to do around here?

Annie: There's loads...

Annie I thought I had a lot, but, this....

Jay They were my Dad's... before he left.

Annie Okay. So you're shipwrecked and in your hand you have the only book you'll ever read again. What is it?

Jay 'Love All the People' by Bill Hicks. (Beat) He's like the most amazing man to have ever lived. Fact! Really clever and so funny.

Annie (ANNIE SPOTS JAY TURNING THE BOOK OVER IN HIS HANDS) You love that book, don't you?

Jay: Look, why don't you have it. Read it for yourself.

(ANNIE REALISES THE MAGNITUDE OF THIS MOMENT. JAY'S PHONE RINGS, IT BREAKS THE TENSION.)

Annie I'll just umm.... (SHE MOVES AWAY)

Jay Yeah I'll... (J PICKS IT UP) Hello.... yes.... You saw it?...We should meet... if I can, ...No not now... I said not now... I'll be there... Don't call me again. ...(HE HANGS UP BUT IS NOW FILLED WITH CONFIDENCE)

Annie So why don't you like Will?

Jay I didn't say that.

Annie Not in so many words but...

Jay ... he doesn't have a clue about the world he lives in! There, I've said it! Everything's just ...so superficial... funny, funny Will. There's nothing to him.

Annie You know his Mum died when he was little.

Jay I thought he said it was her birthday today.

Annie What?

Jay He said it was her birthday.

Annie Oh god. It was. Urgh I'm a douche bag! I should text him...

Jay How'd she die?

Annie He was about 10 and she was supposed to pick him up from school but she was at home with a whole load of pills...That's why, I think, he worries about me so much.

Jay She killed herself?

Annie Yeah.

Jay: Why?

(BEAT- REALISES THE AWKWARDNESS AGAIN)

Annie I've never met anyone like you before, J. I... think I love you.(MOMENT)

(SHE KISSES HIM AGAIN)

(JAY'S PHONE GOES OFF. HE LOOKS AT IT...)

Annie Someone wants to get hold of you?

Jay What? Oh, it's no one.

Annie Yeah it is ... who?

Jay I said, no one...

Annie So why are you texting them back?

Jay ...I'm not (HE IS) Just gimme a minute.

Annie Jay, put it down... (SHE STROKES HIS LEG)

Jay what?

Annie Your phone....

■ ■ ■

Jay I had an idea. A way out, and I put it online.... I'm not the only one who feels like this. People started calling, texting, emailing. Can you believe it? They contacted me. Loads of people all over the country; they all agree. AND they're all willing to put their lives on the line.

Annie What? Take to the streets. 'Bring back the riots'?!?

Jay No! Bigger than that. Something that's irreversible.

Annie Jay, you're not making sense...

Jay This Friday after the last A' level exam has been taken.... all of us will...

Annie Will what..?

Jay We'll all jump. Bridges, buildings, towers, windows....

Annie You're going to kill yourselves?

Jay Can you not see how brilliant it is? Teenagers from all over the country, all standing up for what they believe in. People uniting and saying, 'This world is no place for me. I deserve better. Those after us deserve better'... it'll change the world!.... Think about it.... I've been in contact with so many people, Annie. They all want to stand up and be counted. James' death will be mourned for a week until people move on... but if we all jump, think of the outcome... every year they'll grieve for us... 'All those individuals' and what if two of those people jumped together...Nobody would be able to forget that. Remembered forever, you and me... we could jump, together. The only couple to go together. A couple so in love they couldn't bear to leave each other, a couple trapped in the world they were caged in... Romeo and Juliet (THEY KISS)



JAY



WILL

# Character Profiles

A study into identifying mental health issues.

1. Using just the top half of the character profiles, taken from their Facebook pages, identify anything that could be a possible indicator of any mental health issue. Discuss why these indicate possible problems.

2. Compare your understanding of the characters with the character description on the bottom half of the profile. Does the description and any depth to your understanding of the character and their possible mental health issues?

3. Share your ideas.



ANNIE

facebook Home Profile Friends Inbox (1) Settings Log out



**Annie Blithe:** Exams are poo!! 🐼 Who's coming out tonight? 5 minutes ago

Wall Info Photos +

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**Basic information**

Sex: Female  
 Current City: Coventry  
 Birthday: 4th September 1998  
 Relationship Status: In a Relationship With [Jay Kritanta](#)  
 Looking for: Fun!  
 Political Views: Why can't we all just get along?  
 Religious Views: We'll all find out one day

[View photos of me \(34\)](#)



**Personal Information**

Activities: Love reading, dancing, Friends box set (old skool) and having a good time  
 Interests:  
 Favourite Music: Rhianna, 5sos, 1D (but don't tell anyone- shhhh!)  
 Favourite TV shows: Friends, Skins,  
 Favourite Quotations: "Smile and be happy, the sun will shine on you"  
 Pages Liked: [Friends](#), [Bastille](#), [Odeon](#), [Lama Laughs for fun](#)

**Education and Work**

College: Crown Acres College  
 High School: Coventry Girls  
 Studying: A'Level Maths, English, Biology, History

**About Annie**

Nobody hates Annie. A bright, bubbly character she is friendly to everyone, never wanting anyone to be left out or to feel side lined. At college her teachers describe her as:

"A very bright student with a promising future."

Annie has been lucky enough to have had, what can only be called, a privileged upbringing. Having grown up in a safe and secure environment, protected by her parents and pushed to achieve and reach her potential by those around her. Although 18 years old, Annie still doesn't know what her future will hold. She knows that she wants to go to university but after that she really doesn't have a clue;

"There's just so much out there.... I mean I could be anything, right? We all could. As long as we put our mind to it that is. I suppose a surgeon would be cool... getting to look inside people's bodies, helping them and helping people live better lives would be amazing but... I'm not too sure if I want to just be stuck in one place or indoors all day.... Maybe I could be a tree surgeon?!... actually, I don't really like heights... oh I don't know; surely I'm far too young to have to make up my mind right now!?"

Despite having gone to an all-girl school, Annie's best friend is Will, a sarcastic, charismatic boy who never takes anything seriously. Will and Annie met at primary school and have kept in touch and see each other regularly. Nothing romantic has anything happened between them despite what others may have thought:

"Annie is lovely, don't get me wrong, but, I mean, look at me....I. AM. AWESOME!..." Will jokes "plus it would be like kissing my sister" he adds.

Annie is looking forward to finishing her exams in the next few weeks and having a break from studying. Her aim is to get a part time job in one of her favourite clothes shops or somewhere that has lots of stores so hopefully she'll be able to transfer to another store for university.



**Will Jacobs:** Why won't Economics revision go in? Maybe drinking and dancing with [Annie Blithe](#) tonight will make it better 1 minute ago

Wall Info Photos +

**Basic information**

Sex: Male  
 Current City: Coventry  
 Birthday: 30th April 1998  
 Relationship Status: Single  
 Looking for: Some good trainers... You can never have enough!  
 Political Views: They're all the same?  
 Religious Views: I hope there's something out there...

**Personal Information**

Activities: Clubbing, shoe shopping & Ben & Jerry's, Chocolate and Friends box set.  
 Interests: Most things  
 Favourite Music: Avicii, Rhianna... anything with a beat to be fair!  
 Favourite TV shows: Embarrassing Bodies (Soz), Hollyoaks, Friends, Jessica Jones.  
 Favourite Quotations: "Sometimes life hits you in the head with a brick. Don't lose faith." Steve Jobs.  
 Pages Liked: [Rhianna Fan Page](#), [Stupid Funny Cats](#), [You had 1 job](#)

**Education and Work**

College: Crown Acres College  
 High School: Crown Acres  
 Studying: A'Level Economics, Psychology, History

**About Will**

Will has always struggled making friends. He is well liked by lots of people but he has never had that one true friend... other than Annie that is. Will lives with his father in a messy terraced house. His dad works long hours to try and support himself and Will in a job that he really doesn't enjoy. Seeing his Dad being so unhappy, going out to work each day, has made Will determined to live life to the full and follow his dreams.

"As I see it, life is precious. People spend their life trying to be something they are not. I plan on being myself... always!"

It's because of this attitude that has made Will a bit of an outsider. Always willing to speak his mind and never short of joke or two to keep anyone in their place, Will benefits from Annie's calming presence and often follows her lead in many social settings. Will says:

"I suppose after my mum died I had to become quite resilient. It was just me and my dad. He was never into the whole 'parenting thing'. I had to get used to not having that motherly figure around and he'd always be joking around with me... I reckon it was our way of coping with everything I suppose..."

Will works hard at school as he finds things difficult to pick up, unlike Annie. The two are often revision partners and thanks to her patience and support Will does well in his subjects and is expecting to go to university. To others in their class Will and Annie are seen as 'a couple', gossip neither of them bother about.

"If they want to talk about me and Annie, that's fine; it's because our lives must be more interesting than theirs."

Best friends for years, Will feels a real sense of responsibility towards Annie. He always tries to ensure that she is happy and being looked after and will do anything in his power to protect her. When Jay enters their lives he knows something isn't right, but he just can't put his finger on it.

[View photos of me \(104\)](#)



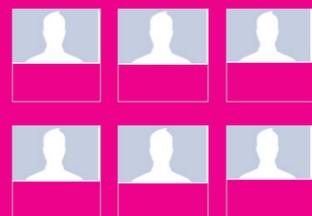
**Information**

Relationship Status: Single

Current City: Coventry

Birthday: 30<sup>th</sup> April

**Friends**



**Jay Kritanta:** We're all crabs in a bucket and they're standing above us hitting us with a stick in case we start getting above our station. 5 weeks ago

Wall Info Photos +

**Basic information**

Sex: Male  
 Current City: Coventry  
 Birthday: 4th July 1998  
 Relationship Status: In a Relationship With [Annie Blithe](#)  
 Looking for: Answers  
 Political Views: Why should we listen to those in power? Those who only gain power by putting others down.  
 Religious Views: None.

**Personal Information**

Activities: Music, gaming,  
 Favourite Music: Nirvana, Joy Division, Red Hot Chilli Peppers, Bastille,  
 Favourite TV shows: None  
 Favourite Quotations: "Don't over estimate the decency of people" Bill Hicks  
 Pages Liked: [Bill Hicks](#), [Quote me bad](#), [They're Killing me softly](#), [There is at least one way out](#)

**Education and Work**

College: Crown Acres College  
 High School: Watford Comprehensive  
 Studying: GCSE... cos hey doing them once just wasn't enough!

**About Jay**

Jay has recently moved into the area following his parent's messy divorce. A process that he has had to put up with for the past 18 months.

"I used to just go to my room and listen to my music. I knew they were arguing; I'd hear them shouting at each other over who would be forced to take me with them. It don't matter...I'm 18, I'll be outta their hair soon enough."

Living with his mum, Jay is given a lot of freedom as she is often occupied with her job, working as a nurse in the local hospital, something Jay is still struggling to come to terms with as in the past he would spend a lot of time with his father before and after school as he worked from home.

Since moving to the area, Jay has struggled to find friends and has found solace in online chat rooms and forums.

Jay is a very intelligent individual who is finding life hard. Despite studying for his AS levels, he is bored at school after being held back a year to retake his GCSE's as he missed a large part of his year 11 due to his family situation. Living in a new part of the country and his lack of friends or family to help him understand the negative thoughts he has been having, is taking its toll.

Jay has recently been affected by an online article about a local man, James Pritchard, a high achieving, well educated man who committed suicide at a train station.

"Things like this really get my back up. How could this happen? He was clearly in need of help and what did humanity do? Nothing!"

In Annie, Jay has found someone who will listen and support him. In her he has finally found someone who he can share his ideas with.

[View photos of me \(12\)](#)



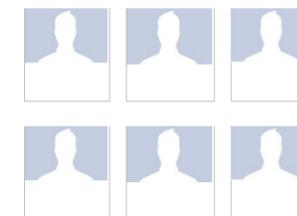
**Information**

Relationship Status: In Relationship

Current City: Coventry

Birthday: 4<sup>th</sup> July

**Friends**



# fall out Cast Interviews

What is your name and who are you playing?

I'm Ashley Jordan and I'm playing Jay

What do you enjoy about playing your character?

He has such strong beliefs and he has a lot of strong understanding and perceptions of what he wants, what he likes and what he doesn't like and I really like being someone so strong willed. Its really empowering for someone to have such good drive in their character.

What has been the hardest thing to portray or understand in playing Jay?

Really understanding playing someone who has a mental illness trying to embody someone who is coming from a dark place, and trying to articulate that with your body and your voice, to show a character who is a little bit broken

Can you identify any one particular decision that your character makes during the show that maybe they should have made differently?

There's quite a few, he's quite a rash character – he really goes on a whim, he's quite stubborn with what he's thinking and his thoughts but I think deciding to tell Annie that he has been in contact with people and that he wants to have a pact with thousands of people that are going to jump, because I feel that that reassures that what he's thinking is right and he wouldn't do it on his own – he would only do it with someone else being there. So, the decision to tell Annie is probably the tipping point for him as in 'This is what I'm going to do now, and I've already committed to it, so this is what's right.'

# Jay

What would you do if you were in Jay's situation?

I think he needs to be around more friends, to take a moment to sit down and think logically about what he's actually planning to do and maybe weigh up the positives and negatives in his life and the really nice things about living and being in the world, and then go and get some help and talk to somebody in counseling about what the next steps should be and that probably shouldn't be suicide

What advice would you have for your character?

Go and find someone who is a role model. There are organisations where you can get support, phone lines; there are people you can talk to. In this particular characters' story, his mother never seems to be there, and his father's left, but there should be other role models, teachers who he could confide in and gain some grounding and some understanding about what he's feeling, and why he's feeling it and how he can recover, improve.

What would you really like audiences to come away with?

Just to realize that mental health is a really big issue. I don't know if its just me or my naivety about the whole situation in the first place, but I feel like country wide it may be something which is swept under the carpet a little bit, or its not physical, so people don't see it as a 'proper' illness and it really affects a lot of people, from anxiety and depression to then obviously suicidal thoughts and there's so many different illnesses with that which can have physical repercussions. I think its just gaining that awareness that if you are feeling sad or depressed, that that's fine and there's people that you can talk to and there's people out there who will feel the same as you.

# Annie

What's your name, and who are you playing?

I'm Claire Lambert and I play Annie.

What do you enjoy about your character?

I enjoy how much Annie is able to physicalise her joy and her love for life and how much she is able to share that with her best friend, Will, and the relationship between them is something that is such a fundamental part of her character.

What is the hardest thing to portray or understand about your character?

Despite her love for life and how just simply joyous she is, and very trusting, she is quite a complex character, she has got intelligence and she has got rationality but its just kind of sporadic and it doesn't really come at the right time. She's got a lot of common sense, but she is blinded by different things, emotions, she worries about the wrong things.

Can you identify any one particular decision that your character makes during the show that maybe they should have made differently?

I think perhaps instead of just going home with Jay and going on this whirlwind of 'I'm in love with you' and 'yes I trust you', maybe she should have at least said goodbye to Will or told him this is where I'm going, or this is who I've met and at that point maybe Will would have said 'I'm not too sure about that' and maybe that doubt would have made her reassess whether she was being a little too trusting of her own emotions and maybe she would have taken a moment to think. I think without consulting Will she just went full steam ahead without any stoppage time to reconsider her decisions.

If you were put in this position, what would you do?

I can sympathise with the that age she's at and falling in love, it is an incredible human emotion to experience, and that's why they say love is blind, it makes you act irrationally. I think in the moment that Jay shares with Annie how he is feeling that maybe that would have been the moment to take stock and go, 'right ok, I'm going to listen to you and then I'm going to maybe go and consult with a friend of mine, or with my parents' because Annie does have a lot of support. So maybe her sharing that, at that point would have stopped her agreeing to it.

What advice would you give Annie?

Understand that its important to have moments when you're in a really exciting place, acknowledge it and then also maybe pair it with 'is this rational, am I doing anything that one of my friends might consider was a bit irrational', or maybe talk more openly with friends a little bit more – share how you're feeling with others.

What would you like audiences to come away thinking?

That mental health is not necessarily a black and white thing – If you can recognise it early on, if you can notice signs in other people, if they're becoming withdrawn or reluctant to share how they're feeling – just be more aware of it and be aware that talking is probably the first and easiest thing that you can do to help situations from getting to a point where they seem unfixable, but the most human thing is just talking and sharing with other people, so start with that.

# Will

What is your name and who are you playing?

I'm Luke Sheppard and I am playing Will.

What do you enjoy about playing your character?

I enjoy the range of emotion that he goes through, he's got so many highs, so many lows, he's got excitement, he's got worry, anger, he's got everything. It's really nice to get to play so much.

What has been the hardest thing to portray or understand about portraying your character?

The hardest thing I suppose has been to understand what his journey would have been from the age of ten for him, when he lost his mother, losing such an important person in his life, to then grow up without them, but also growing up with someone else who is so incredible and who helps him stay whole I suppose. Annie does do that for him, but he does still have that hole inside him that isn't full and that's quite a tricky thing to try and balance.

Can you identify any one particular decision that your character makes that perhaps you think should have been made differently?

Probably after Will has a confrontation with Jay on the roof of the club, I think Will realises that something is a bit wrong with either Jay's thought process or what he is planning to do and the way he handles that is more to get back at Jay and to show him that what Jay thinks isn't an issue and he's still going to have a great time with Annie and that's fine. Really he should have probably thought about who he could have gone to, maybe talk it out and to say look I think there's an issue here and how to actually combat the issue, rather than just ignore it and try and one up the person.

And what would you do, if you were put in that position?

I'd talk to someone, there's a lot of people you can go to – there's Samaritans, there's phone numbers out there that you can ring and say 'hey I think there's someone that needs to be helped'. I could have gone to Jay and maybe said in as nice a way as possible or in an effective way as possible, that maybe you could do with talking to someone, and maybe try not to fight against him, try and actually figure out who he is and help him. Maybe he's so attached to Annie because he needs that, and maybe actually if I'd also tried to befriend him I could have been there for him.

And what advice do you have for your character, more generally?

I think try not to be so involved with Annie and realise that you are both separate people, and as much as you might really enjoy spending time with her, and love her, you also can be happy alone or at least find your own path, you don't have to be in each others pockets all the time, and you can be there for her but without trying to control her or make her yours.

What do you want audiences to come away thinking?

I think that it's important for them to come away and realise that, most importantly, I think they need to realise that Jay isn't a bad person – yes he was led down a bad path and he made a bad decision, but that doesn't mean that he's a bad person, it means that he needed help and it means that he had a mental health issue, and that's not a bad thing, he just needed to be able to talk about that or someone needed to be there for him. I think that maybe people should try and understand a little bit more about what's going on with people and maybe then spread happiness and spread the happiness disease!

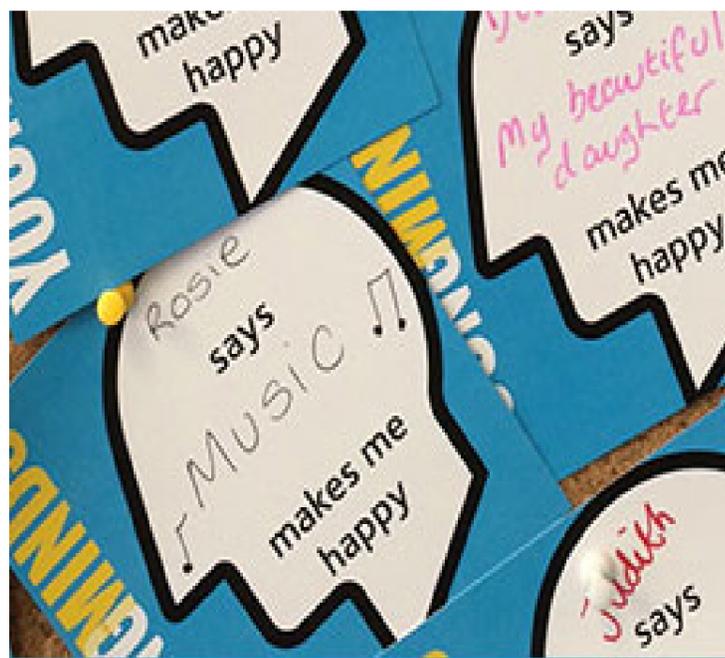


# Mental Health Services:

## Young Minds

<http://www.youngminds.org.uk>  
Online Support for children and young people  
PARENTS HELPLINE - 0808 802 5544

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.



# Mental Health Resources:

Some useful links to websites and downloadable resources to provide further support, understanding and information about all aspects of mental health.



**MindEd** - <https://www.minded.org.uk/>

An online resource we helped to develop. Offers free, completely open access, online education in over 300 topics.

**No Harm Done** - <http://www.youngminds.org.uk/noharmdone>

A series of short films that talk about the issue of self-harm. All three films are from the perspective of someone who has experienced issues surrounding self-harm: young people, parents and professionals.

**Academic Resilience** -

[http://www.youngminds.org.uk/training\\_services/academic\\_resilience/what\\_is\\_academic\\_resilience](http://www.youngminds.org.uk/training_services/academic_resilience/what_is_academic_resilience)  
A useful and simple approach to improving resilience. An insight into how important emotional resilience is. Links to download an Interactive Resilience Framework and also The Resilient Classroom.

## Websites that are useful for young people to access:

**HeadMeds** - <http://www.headmeds.org.uk/> -

A website about mental health medication

**Talk to Frank** - <http://www.talktofrank.com/> -

really useful, confidential information about drugs

**YouthAccess** - [www.youthaccess.org.uk](http://www.youthaccess.org.uk) -

Directory of Mental Health services

**Kooth** - [www.kooth.com](http://www.kooth.com) -

Free online counselling for young people

**The Site** - [www.thesite.org](http://www.thesite.org) -

Emotional support for young people (16-25) with online chat

**Get Connected** - [www.getconnected.org.uk](http://www.getconnected.org.uk) -

Very informative, helpline, email, text or web-chat for under 25s

**Childline** - [www.childline.org.uk](http://www.childline.org.uk) -

Helpline for 19s and under.

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

Helpline support for Adults concerned about Young People.

**Find your local CAMHS** -

<http://www.nhs.uk/Service-Search/Childrens-Adolescent-Services/LocationSearch/691>

## Samaritans

<http://www.samaritans.org>  
[jo@samaritans.org](mailto:jo@samaritans.org)  
Call - 116 123

Samaritans are open round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on the phone. This number is FREE to call. You don't have to be suicidal to call.

## Mind (England and Wales)

<http://www.mind.org.uk>  
Tel: 0300 123 3393  
9am-6pm Mon-Fri, call charges may apply.

Advice, support and information. Mind has a legal advice line in England and Wales.

## Childline

<https://www.childline.org.uk>  
Freephone 0800 1111 (24 hours)

Provides information, no matter what's on your mind. Offers support. Guidance and helps you make decisions that are right for you.

[www.highlysprungperformance.co.uk]



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