



As a partner, North Staffs Mind also provides [Speak up Space](#) offering access to the following services for children & young people, parents, carers & professionals

Instant Messaging:

Log-in for a live **chat** via an **instant messaging service**.

Where you can talk about anything and we can listen, try to help you understand how you feel, find coping strategies and offer support

Telephone Support:

If you are a parent who needs a space to talk or to get some advice on how to help a young person, you can book a chat with one of the SuS team – call **01782 262100** and **select option 2**, leave your contact details and availability, and a member of the team will call you back to arrange an appointment

Info and Advice:

SuS have put together a wide range of on-line resources – e-leaflets, videos, websites, apps, podcasts, self-help guides etc – that you can use to help you to get and stay well. They've also added some guidance for parents