

Prospectus 2019-2020

DISCOVERY COLLEGE

**A LEARNING
JOURNEY TO
WELLBEING
FOR CHILDREN
YOUNG PEOPLE
AND SUPPORTERS
(RELATIVES, FRIENDS AND CARERS)**

Discovery College

What is Discovery College?

Discovery College is a place for children and young people in East Sussex and their supporters (relatives, friends and carers) to have new experiences and learn more about emotional wellbeing and particular mental health challenges. We also have courses just for parents. Everything is done in groups with other people who listen without judgement, offer support without being patronising and have an interest in who you are and would like to be. Very importantly the courses are FREE.

How to sign up

To register for a course all you or your supporter (a relative, friend or carer) need do is contact us, giving us your address and titles of the courses you would like to attend. A registration form will then be sent to you by post for you to fill in. If you find completing the form difficult for any reason, please call us and we will fill it in for you over the phone. We can also arrange to meet you beforehand if you would find that helpful.

Giving consent to attend

The registration form will ask you and a parent/ carer to sign to say you are consenting to take part. If you are 16 or older and you cannot get a parental signature you can sign for yourself. If you are 15 and under we will ask you to get a parent/ carer signature, but contact us if this is difficult for any reason and we can decide together whether you can take part without it.

What next?

Once we have received your form you will be booked onto the course and a letter of confirmation will be sent to you. If the course is fully booked we will inform you that you have been added to a waiting list; this means if there is a cancellation you could be offered a place. Our waiting lists do not roll over from one term to the next, so please make sure you re-apply each term.

We are always happy to hear from you so if you have any questions or require additional information or support with registering please contact us

Peer Mentors and Peer Trainers

The exciting thing about Discovery College is that all our courses are designed and delivered (co-produced) with young people who have experienced mental health challenges. Trainers also actively seek feedback from young people during the courses to shape and modify the sessions.

Peer Mentors are volunteers who have reached a point of wanting to support other young people to attend Discovery College courses. One of the main skills they have is the ability to put their own needs to one side for the duration of the session in order to be there for other young people. They are supported by having a chance to de-brief at the end of each session. If you think you would like to become a Peer Mentor then please sign up for our Peer Mentor course.

Peer Trainers are young people aged 18yrs+ who may have been Peer Mentors and have discovered they really enjoy the role and wish to take on more responsibility, maybe even lead activities in some of the sessions. To become a Peer Trainer you need to attend an interview and if successful you will be placed on a 12-week training course. On completion of the course you become an employee of Sussex Partnership NHS Foundation Trust and are paid for all the planning and delivery of sessions you are involved in.

Course times

Our courses are held either at the end of the school/ college day, on Saturdays or in the school/ college holiday times. At the time of going to print, dates/ times and venues for some courses were still being planned. Please look at the Discovery College pages on **www.sussexrecoverycollege.org.uk** for up-to-date information on these and any new courses that may start throughout the year.

Our courses for this year start on page **4**.



Coming along to a new group

Everyone at Discovery College knows it can be a challenge to join a new group. Young people who have given it a go tell us it really helps to identify someone who can encourage you to come along when you feel like giving the session a miss.

What some young people have told us they struggle with to get to a course ...

"Lack of confidence"

"Fear of not knowing anyone"

"Fear of being judged"

"Finding it hard to fit in"

"Worried about the future"

"Not feeling safe around new people"

"Fear of no-one else turning up"

But they tell us that it was worth it, and they feel better afterwards!


We will do everything we can to help you feel welcome and comfortable, including sending you text reminders before sessions. We will also support you in your practice and development of teamwork skills. An important part of teamwork is trying hard to attend all the course sessions.

"Something that was stopping me from attending was the shell that I was hiding in, but I pushed through anyways, and I'm so happy that I did because I have gained experience, confidence and adaptability, and I enjoyed it!"

Contact us

 0300 303 8086

 sussex.recoverycollege@nhs.net

 **Sussex Recovery College**
Aldrington House
35 New Church Road
Hove BN3 4AG

Courses

Creative Exploration

Come and express yourself through creative exploration! This course will use elements of drama, movement and story to bring people together to explore their world, share their experiences and be themselves. We will work collectively as a team to support each other on your personal journey. This is not about being 'good' at drama or movement but finding something that means something to you. There is no public show at the end: you will witness and support the other participants as well as being witnessed yourself.

Where?

Eastbourne (venue to be notified)

When?

Weekly sessions for up to 8 weeks

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- Gain confidence in creating images, characters, stories and dramas
- Express how you feel to other people
- Develop the ability to work in a team whilst still being yourself

Provided by

Sussex Partnership NHS Foundation Trust



Creative Writing and Reading

Creative writing has always been a way for people to make sense of their world and emotions. Often writing doesn't come naturally to everyone but this friendly and welcoming course will help you to let the creativity flow using different games and techniques. Assistance is available to get those ideas down for those who are not comfortable with writing words on paper.

There is a possibility for the group to develop a written resource for supporting other young people in East Sussex with their mental health. The course will take place at Eastbourne Library and participants will be encouraged to make use of the library facilities in a relaxed atmosphere

Where?

Eastbourne Library, Grove Road,
Eastbourne BN21 4TL

When?

One course of eight, 2 hour sessions

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- ▶ Feel comfortable with others socially
- ▶ Be able to express your feelings to others
- ▶ Have the confidence to express yourself through writing
- ▶ Become confident about borrowing library books

Provided by

Eastbourne Libraries
Sussex Partnership NHS Foundation Trust

DisCo Art Lab

Art is a vital tool by which we are able to feel, create, connect and reimagine internal and external worlds. Art Lab will introduce creative skills and techniques and encourage open-ended experimentation through a range of disciplines e.g. sculpture, photography, drawing, printmaking, collage and animation. Through visits to the exhibitions at De La Warr Pavilion the group can explore and unravel some ideas and processes found within the galleries. Art Lab will nurture talent, confidence, resilience and friendships in a relaxed, flexible and inquiring atmosphere.

Where?

De La Warr Pavilion, Marina, Bexhill-on-Sea TN40 1DP

When?

Weekly sessions for up to 8 weeks, to take place in early 2020

Who's it for?

Anyone aged 14-20 years

What will I get out of it?

You will:

- ▶ Cultivate creative skills and divergent thinking
- ▶ Develop the ability to work collaboratively
- ▶ Reflect on experiences and feelings to yourself and to others

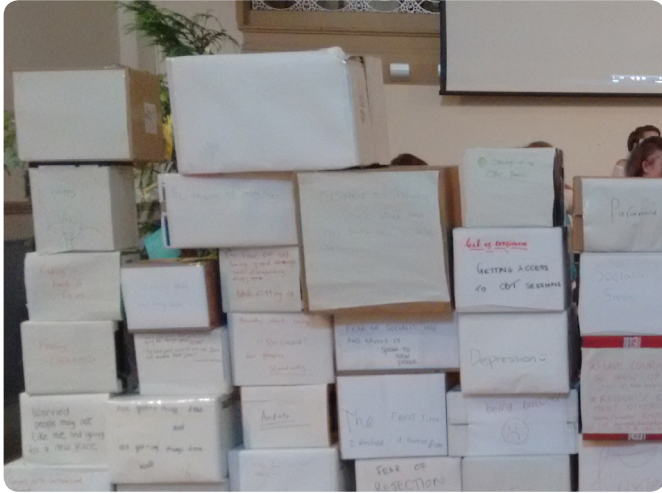
Trainers

Annis Joslin

Provided by

De La Warr Pavilion

Courses



DisCo Window

This course will be a space for young people who are interested in creating a website as a space to tell people about Discovery College. As well as giving information about what courses are available, and how to join, it could be so much more – for example a space for young people to display their creative work and share their experiences of Discovery College.

Could it also be a platform for young people's voices to reach their wider community, with ideas about how we can all get closer to living the life we want? A space to tell a story together through photography, blogging, vlogging, and journalism? The group will work with a web designer, using their creative ideas to bring to life a concept and a reality for a new website for Discovery College.

Where?

An East Sussex location to be confirmed

When?

Weekly sessions for up to 8 weeks, to take place in early 2020

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- ▶ Learn skills connected with creating an original and dynamic website
- ▶ Develop the ability to work in a team, adding your own ideas to those of others
- ▶ Express your feelings and thoughts to other people

Provided by

Culture Shift

Sussex Partnership NHS Foundation Trust



Download

If you are thinking about attending Discovery College and also have an interest in improving mental health support for young people, this is the group for you. It's an opportunity to meet others, play games, share food and chat. There will be a discussion at each session to evaluate the courses on offer and develop new ones, and share thoughts about the services on offer to young people that support emotional wellbeing.

This group has already managed to achieve changes to services and create films for use in schools. They have created help booklets for young people accessing CAMHS and have been the driving force behind creating a Discovery College in this area.

Where?

Archery Recreation Ground, Willoughby Crescent, Seaside, Eastbourne BN22 7RR

When?

Monthly 2-hour sessions, 4:15pm-6:15pm
25 September, 30 October, 27 November,
18 December, 29 January, 26 February, 25 March,
29 April, 27 May, 24 June, 29 July

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- ▶ Learn how to advocate on behalf of other young people
- ▶ Learn how to influence decision-making
- ▶ Build on your confidence to speak openly about your opinions with others

Trainers

Rivkah Cummerson
Emma Thorne

Provided by

Sussex Partnership NHS Foundation Trust

Expert by Experience

Services offering support and guidance to young people experiencing mental health challenges can only do this well by hearing from and working with the young people who attend. You are an expert in your experience of being young today, experiencing mental health challenges and seeking and finding support.

This training day will provide you with the confidence and skills needed to say 'yes' to involvement opportunities so that you can use your expertise to change services for the better and boost your self-esteem at the same time. Opportunities can include interviewing new members of staff, being on a focus group panel, creating a tool for young people to use in therapy sessions, or speaking at a meeting. Participants will be invited to join a database of Experts by Experience, who will be notified regularly of new opportunities.

Where?

A central location to be confirmed

When?

One whole-day session offered once a quarter

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- ▶ Feel better prepared for future work and volunteer interview situations
- ▶ Improve your confidence in speaking out at meetings
- ▶ Learn how to use your experiences of mental health services to improve care for others and contribute to positive changes in the organisation

Trainers

Rivkah Cummerson, Dolmen Domikles, Emma Thorne

Provided by

Sussex Partnership NHS Foundation Trust

Courses

Music in Mind

We make music collaboratively and provide opportunities to express yourself through music, including covering songs of your choice, original songwriting, recording and editing. You do not need to have any previous experience, just an interest in music.

We aim to cover all interests and genres. The group is inclusive, supportive and led by the people in it.

Where?

Eastbourne

Charlie's, YMCA, 56 Seaside, Eastbourne BN22 7QL

St. Leonards

The Roomz, 33-35 Western Road,
St. Leonards-on-Sea TN37 6DJ

When?

Weekly 2 hour sessions (ten per term)

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- ▶ Learn how to play a musical instrument and improve your existing skills including using your voice
- ▶ Learn how to put a song together
- ▶ Build and improve on your teamwork skills
- ▶ Increase your confidence in expressing your feelings

Provided by

A partner organisation to be agreed.



Peer Mentoring

Have you started to feel like you would be ready to support other young people in their attendance of Discovery College courses? Would you like to learn more about the role and start practising some mentoring skills?

This will be a fun introduction to being a Peer Mentor and will include opportunities to ask questions, discuss hopes and fears, and try out some new skills.

Where?

An East Sussex location to be confirmed

When?

One course of ten, 2 hour sessions

Who's it for?

Anyone aged 12-20 years

What will I get out of it?

You will:

- ▶ Gain an understanding of what being a Peer Mentor involves and how you would be supported
- ▶ Develop your confidence in speaking/presenting to a group
- ▶ Learn about and practise advocating on behalf of someone else

Trainers

Rivkah Cummerson
Emma Thorne

Provided by

Sussex Partnership NHS Foundation Trust

Space to Create

STC offers children a creative space to develop creative skills, build their confidence and self-esteem and get support for challenges they might be facing in their lives. Over the programme children experiment with many different arts and craft activities and do some music and drama. The aim is to create a stress-free space where children can enjoy more open-end creative play with other young people.

Where?

Currently being delivered at:
Baird Primary Academy, Churchwood Primary Academy, St. Leonards CEP Academy

When?

Delivered in 8-10 week courses as an after-school programme

Who's it for?

Children from Year 3, 4, 5 or 6. **If you/your child is interested, please speak to your child's teacher.**

What will I get out of it?

You will:

- ▶ Develop your creative skills
- ▶ Build resilience and the ability to cope with challenges
- ▶ Feel more connected to others

Trainers

Anna Atkinson, Ed Boxall, Phoebe Cave,
Rebecca Child, Bec Garland, Janey Moffatt

Provided by

Culture Shift

Courses

Telling Your Story

TYS offers creative activities that cover a breadth of arts and crafts, and some drama and music. It gives young people that creative space in which to build confidence and self-esteem, and share the challenges they might be facing in their lives.

Where?

Currently being delivered at:
Ark Alexandra Academy, Bexhill Academy,
Hastings Academy

When?

Delivered in 8-10 week courses as an after-school programme

Who's it for?

Programmes are set up in partnership with schools, who then signpost young people (normally year 8 or 9 students) to the programme. **If you are in this year group and are interested, please ask your Head of Year.**

What will I get out of it?

You will:

- ▶ Develop your creative skills
- ▶ Build resilience and the ability to cope with challenges
- ▶ Feel more connected to others

Trainers

Anna Atkinson, Ed Boxall, Phoebe Cave,
Rebecca Child, Bec Garland, Janey Moffatt

Provided by

Culture Shift

Woodland Days for Teens

Come to the woods throughout the year! This experience runs once a month from September (9 days) ending in a night camp in early July (for those who feel able). Learn how to make fires without matches, cook, use tools, play games and meet others who have had similar experiences to you.

We will co-create a fun, safe and healing time together. Have discussions and share stories around the fire, discover our gifts and learn how nature can support our wellbeing. The woodland is a very calming and relaxing space. Young people who have been before tell us it is very 'freeing'. Wrap up warm, wear wellington boots or walking boots and bring a packed lunch! Please sign up to the all the days if possible.

Where?

Mill Wood, Vert Woods Community Woodland,
Park Lane, Laughton, Lewes BN8 6BP
(map available on request)

When?

Monthly whole-day sessions

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- ▶ Learn woodland skills such as firelighting, cooking and crafts
- ▶ Increase your confidence in a group and the outdoors
- ▶ Learn how to live comfortably in nature

Trainers

Rivkah Cummerson, Mark Lloyd, Marina Robb,
Emma Thorne

Provided by

Sussex Partnership NHS Foundation Trust,
Circle of Life Rediscovery, The People's Projects



Woodland Family Days

If your child is aged 5-12 years and experiencing mental health challenges, we would like to invite them and you (siblings included) to attend a calm, relaxing and fun day in local woodland. It will be a wonderful opportunity to meet other families, share experiences, play games and learn woodland skills.

Each day stands alone. You are welcome to apply for all the dates. (We endeavour to give everyone a chance of attending at least once, which means we cannot guarantee you a place on each day).

Where?

Mill Wood, Vert Woods Community Woodland,
Park Lane, Laughton, Lewes BN8 6BP
(map available on request)

When?

One whole-day session, offered once a quarter

Who's it for?

Anyone aged 5-12 years, their relatives, carers and siblings

What will I get out of it?

You will:

- Increase your connection to nature
- Increase your access to nature
- Develop your understanding of how nature can support your mental health

Trainers

Dolmen Domikles, Mark Lloyd, Marina Robb, Emma Thorne

Provided by

Sussex Partnership NHS Foundation Trust,
Circle of Life Rediscovery, The People's Projects



A Voice That's Mine End-of-year celebration

A Voice That's Mine

On this evening we celebrate all the talents, contributions and achievements of every participant throughout the year. This is a chance for participants to meet up again with people they have spent time with on their course, and to show to their family something of what Discovery College is about. We will have photos and exhibits from different courses. We will have presentations on stage from participants of each course. The event will also be a kind of graduation. People who have attended courses will be presented with certificates.

We also have room for some individual performances. If you have the urge to perform something which says something about you and how you see the world, there will be some time for open mic slots. If you are interested, get in touch with the office to let them know, and we will contact you. In the past there have been songs, poems, monologues, or dances. You may even have some artwork you would like to show!

The supportive and friendly audience will be made up of invited friends and family, as well as workers and managers from services that support young people's mental health.

Where?

A venue in Eastbourne (to be confirmed)

When?

One afternoon and evening in July

Who's it for?

Participants who attend this year will be invited along with their families

Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

Here's what previous participants have said about A Voice That's Mine:

"It builds up my confidence and I love being around the people here"

"I thought it would be something new to experience, I've always thought acting would be something I would be good at for a career"

"I'm an artist and creator, and although I don't perform, I think it is important to be here to support others and be involved in my own creative way"

Our partner organisations



Circle of Life Rediscovery CIC

www.circleofliferediscovery.com
info@circleofliferediscovery.com

Since 2004 we have been providing nature-based experiences and programmes that are educational, fun and often life changing. We run funded projects with our partners (including CAMHS and The People's Project) that directly support health and wellbeing for vulnerable members of society. We offer days for schools or family days in the woodlands and bespoke residential camps and Forest Schools. You can gain a Level 3 qualification in leading your own Forest School programme, complete a John Muir Award, improve your knowledge and skills with our adult training CPD days or join our general nature immersion days!

The Company

The Company

The Company works in close partnership with organisations in Sussex and Kent to deliver projects for groups with different needs. These projects always hold the visions and ideas of participants at their heart, and work to give a voice to those that need to be heard.



Culture Shift

Culture Shift creates dynamic partnerships where the creative and cultural sector work with community, business and education partners to produce bespoke, creative, action-based solutions. A Community Interest Company, Culture Shift was established in 2011 by the people behind Creative Partnerships in Sussex and Surrey. Recognised for our energy, connection-making and rigour, and well-regarded by partners cross-sector, our experience cements our belief that creativity is a powerful catalyst for change.



De La Warr Pavilion

www.dlwp.com

An iconic Modernist building dating from 1935, The De La Warr Pavilion is a major centre for arts and culture, providing and hosting many arts programmes, performances and exhibitions. It has been established as part of a socially progressive movement, offering informal learning opportunities and exploring arts and creativity as tools for making positive changes in society, combating social inequalities and isolation and developing healthier communities and better futures.



Early Help Keywork Service Emotional Wellbeing

www.eastsussex.gov.uk/childrenandfamilies

Supporting young people aged 11-19 in East Sussex to help them access learning and development opportunities and one-to-one support.

East Sussex Library and Information Service

www.eastsussex.gov.uk/join the library

Our resources include books, audio books, DVDs, local history and family history resources; and health and wellbeing and reminiscence resources. Most are free. We also provide free computer access, wi-fi and a range of online resources such as e-books, e-audiobooks, e-magazines and many online subscription sites (many of which can be accessed from home). Activities include local talks and creative writing sessions for all ages. We also offer a variety of learning and volunteering opportunities.

ESBAS – Education Support, Behaviour and attendance Service

www.eastsussex.gov.uk/educationandlearning/schools/attendance-behaviour/

Supporting young people aged 5-16 who have been referred through school.



ISEND

ISENDfrontdoor@eastsussex.gov.uk

The Inclusion Special Needs and Disabilities (ISEND) Front Door is the pathway through which schools and education providers can request support for children and young people with additional and/or special educational needs and disabilities.



The People's Projects

www.itv.com/thepeoplesprojects
peoples.projects@biglotteryfund.org.uk

The People's Projects give you the chance to decide how National Lottery funding can make a difference in your local community.



Rockinghorse

www.rockinghorse.org.uk

Rockinghorse was set up by Dr Trevor Mann, who recognised that there was real need for additional resources to improve healthcare services for sick children and babies. At Rockinghorse Children's Charity our aim is to improve the lives of sick children throughout Sussex.

Books on Prescription for Families

East Sussex Library Service and Sussex Partnership NHS Foundation Trust's Child and Adolescent Mental Health Service (CAMHS) have been working together to bring the latest information and research about children's mental health to families.

Please see page **15** for some examples of recommended reading, arranged by category.

How does the scheme work?

Your GP or mental health professional can recommend a book, but they're also available for anyone to borrow from local libraries.

What do you need to do?

A few tips to help you get the most of **Reading Well: Books on Prescription**:

- ▶ Decide which book would be most helpful
- ▶ Visit your local library to borrow the book. If you're not a member you can join on the day. You can find out where your local library is by visiting www.gov.uk/join-library. Simply bring proof of identification with your name and address e.g. a bill or driving licence
- ▶ Ask at your library about other services they provide that might help you. For example, reading groups can be a good way of bringing people together, promoting wellbeing
- ▶ Read the book carefully and follow the practical exercises and activities suggested

Can books really help?

Evidence from the National Institute for Health and Care Excellence (NICE) shows that self-help books support the understanding and management of common mental health conditions.

Although books can work on their own, if you're receiving treatment from a mental health professional, research has shown self-help approaches work best with additional support.

What if books don't help?

If you're being supported by your GP or a mental health professional and you find that the book you're reading isn't helping you should ask to discuss this.

You could also contact the Sussex Partnership NHS Foundation Trust Mental Healthline, a service offering support and information to anyone experiencing mental health challenges. The service is also available to carers and healthcare professionals.

 **0300 5000 101**

Available Monday-Friday 5:00pm-9:00am and 24 hours at weekends and on Bank Holidays

Other sources of advice and information

The following organisations can also help:

The Samaritans

 www.samaritans.org

 **08457 909090**

Available 24 hours a day, 7 days a week

Mind

 www.mind.org.uk

 **0300 123 3393**

Mental Health Helplines Partnership

 www.mhhp.org.uk

The Royal College of Psychiatrists

 www.rcpsych.ac.uk/info

Some books are available in different formats. For more information visit:

 www.readingagency.org.uk/readingwell

Feedback We're keen to hear your views!

You will find a simple and confidential online form at:

 www.readingagency.org.uk/readingwell

Here are some examples of books included in the scheme

	Who is book for?	Title	Author	Publisher
Behaviour	Parents and carers (of primary school age children)	The Incredible Years	C. Webster-Stratton	The Incredible Years
	Parents	Parenting with positive behaviour support: A Parent's guide to problem solving to problem solving solutions to difficult behaviour	M. Hienman, K. Childs and J. Sergay	Brookes Publishing
Bereavement	Family workbook for parent and child	Finding a way through when someone close has died	P. Mood and	Jessica Kingsley
	Parent to read with young child	Badger's Parting Gifts	L. Whittaker	Anderson Press
Body Image	Workbook for teens	Banish your body image thief: A CBT workbook on building positive body image for young people	S. Varley	Jessica Kingsley
Divorce and separation	Guide for parents	Children, feelings and divorce: Finding the best outcome	K. Collins-Donnelly	Free Association Books
Hearing Voices	Guide for Parents and teens	Young people hearing voices: What you need to know and what you can do	H. Smith	PCCS Books
Mood problems	Workbook for teens	Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression	M. Romme and S. Escher	Robinson
Managing intense emotions	Workbook for teens	Get out of your mind and into your life for teens: A guide to leading an extraordinary life	S. Reynolds	New Harbinger
	Workbook for teens	Don't let your emotions run your life for teens: DBT skills for helping teens manage mood swings, control angry outbursts and get along with others	J. Ciarrochi and L. Hayes	Instant Help
Sleep	Parents	Solving children's sleep problems	S. Van Dijk	Beckett Karlson
Stress and Coping	Teens	The stress reduction workbook for teens	L. Quine	Instant Help
Worry, fears and anxiety	Parents	Helping your anxious child	G. Biegel	Vermilion
	For parents and children (age 6-12) to read together	What to do when you worry too much: A kid's guide to overcoming anxiety	D. Lewis	Magination Press
	Workbook for parents and teens	Breaking free from OCD: A CBT guide for young people and their families	D. Heubener	Jessica Kingsley
	Workbook for teens	The shyness and social anxiety workbook for teens	J. Derisley and others	New Harbinger
	Workbook for teens	The anxiety workbook for teens	J. Shanon	Instant Help
Understanding services	For parents and carers	A straight talking introduction to children's mental health problems	L. Schab	PCCS Books


The full reading list is available from your local library, or go online to eastsussex.go.uk/selfhelpbooks

 0300 303 8086

 @withoutstigma

 sussexrecoverycollege.org.uk

 sussex.recoverycollege@nhs.net

 **Sussex Discovery College**
Aldrington House
35 New Church Road
Hove
BN3 4AG



Quality Mark

Awarded for face to face delivery of
education and training to the health sector

Sussex Discovery College
has been part-funded by

HEADS ON
Support for mental health

Sussex Partnership NHS Foundation Trust's charity

Sussex Partnership 
NHS Foundation Trust

This document is available in alternative
formats upon request.

Sussex Partnership NHS Foundation Trust Mental Healthline

A telephone service offering support and information
to anyone experiencing mental health challenges –
the service is also available to carers and healthcare
professionals.

Tel: **0300 5000 101** Monday to Friday 5pm to 9am –
24 hrs at weekends and Bank Holidays

If your need is urgent visit:

www.sussexpartnership.nhs.uk/urgent-help-crisis