

Mental Health Support Services for Children and Young People

	<p>Go to youngminds.org.uk for free mental health resources for young people.</p> <p>The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK to young people. If you are experiencing a mental health crisis and need support, you can text YM to 85258.</p>
	<p>childline.org.uk</p> <p>You can talk to us about anything. No problem is too big or too small.</p> <p>Call us free on 0800 1111 or get in touch online. However you choose to contact us, you're in control. It's confidential and you don't have to give your name if you don't want to.</p>
	<p>samaritans.org</p> <p>Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.</p> <p>Call us free on 116 123</p>
	<p>themix.org.uk</p> <p>Help and advice for young people under 25 on mental health and well-being, sex and relationships, drugs and alcohol, money and budgeting.</p> <p>Call free on: 0808 808 4994 Crisis messenger option available 24/7. Text THEMIX to 85258.</p>

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	<p>papyrus-uk.org</p> <p>If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. Call: 0800 068 4141 Text: 07786209697 or Email: pat@papyrus-uk.org</p> <p>Opening hours: 10am – 10pm weekdays 2pm – 10pm weekends 2pm – 10pm bank holidays Our Suicide Prevention Advisers are ready to support you.</p>
	<p>Mind.org.uk</p> <p>Information and advice about mental health</p> <p>Our lines are open 9am to 6pm, Monday to Friday (except for bank holidays).</p> <p>0300 123 3393 info@mind.org.uk Text: 86463</p>
	<p>kooth.com</p> <p>Free, safe and anonymous online counselling service for young people.</p> <p>Find us a kooth.com for instant access to our team of fully trained counsellors who can support you through any crisis that you might be experiencing.</p> <p>Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm</p>
	<p>thecalmzone.net</p> <p>The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK. Join the campaign to take a stand against male suicide and get the tools you need for action.</p> <p>5pm to midnight 365 days per year Freephone: 0808 802 58 58</p>