# Need Help on Advice?







There are loads of resources out there for you.

#### Childline



Free advice service for young people www.childline.org.uk 121 online chat available Call 0800 1111

#### Kooth

Online counselling and emotional wellbeing service for young people

www.kooth.com

#### The Mix

Support and advice service for under 25s.

www.themix.org.uk 121 online chat available Call 0808 808 4994

#### Shout



Free and confidential crisis text line

Text SHOUT to 85258

giveusashout.org

#### Mind



Advice and support for mental health

www.mind.org.uk Call 0300 123 3393 Email info@mind. org.uk

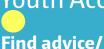
### **Young Minds**

Advice and support for mental health

Free crisis text line available

Text YM to 85258 youngminds.org.uk

#### Youth Access



counselling services locally www.youthaccess. org.uk/services/ find-your-localservice

## Papyrus

HopelineUK Help for young people experiencing thoughts of suicide

www.papyrus-uk.org Online live chat available Call 0800 068 4141

Text 07860 039 967

#### Samaritans



**Emotional support** for anyone struggling mentally Call 116 123 Email jo@ samaritans.org www.samaritans.org

#### CAMHS



**NHS Child and Adolescent Mental** Health Services -advice and support camhs.elft.nhs.uk camhs.elft.nhs.uk/ Who-we-help/ Young-People

#### NHS Urgent Mental Health ( Helpline

If you need urgent help, find your local NHS helpline

https://www.nhs. uk/service-search/ mental-health/findan-urgent-mental-health-helpline

#### Supportline



Confidential helpline for emotional support on any issue

Call 01708 765200 www.supportline. org.uk

#### FRANK



**Honest info and** advice about drugs

Call 0300 123 6600 Text a question to 82111

www.talktofrank.com

#### Refuge



Help for people facing domestic abuse

www.refuge.org.uk Call 0808 2000 247 Live chat at www. nationaldahelpline. org.uk

#### Kidscape



Info and advice about bullying

www.kidscape.org.uk www.kidscape.org.uk /advice/advice-for -young-people

#### Switchboard



An LGBT+ Helpline and advice/info

Call 0300 330 0630 Email chris@ switchboard.lgbt Live chat and info at switchboard.lgbt

Mental health

Drugs and Alcohol

Abuse and Bullying

Relationships and LGBTQIA+

What do they help with

If you need help urgently always call 999