

# Need Help or Advice?

There are loads of resources out there for you.



**Childline**  
  
**Free advice service for young people**  
[www.childline.org.uk](http://www.childline.org.uk)  
 121 online chat available  
 Call 0800 1111

**Kooth**  
  
**Online counselling and emotional wellbeing service for young people**  
[www.kooth.com](http://www.kooth.com)

**The Mix**  
  
**Support and advice service for under 25s.**  
[www.themix.org.uk](http://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](http://giveusashout.org)

**Mind**  
  
**Advice and support for mental health**  
[www.mind.org.uk](http://www.mind.org.uk)  
 Call 0300 123 3393  
 Email [info@mind.org.uk](mailto:info@mind.org.uk)

**Young Minds**  
  
**Advice and support for mental health**  
 Free crisis text line available  
 Text YM to 85258  
[youngminds.org.uk](http://youngminds.org.uk)

**Youth Access**  
  
**Find advice/counselling services locally**  
[www.youthaccess.org.uk/services/find-your-local-service](http://www.youthaccess.org.uk/services/find-your-local-service)

**Papyrus HopelineUK**  
  
**Help for young people experiencing thoughts of suicide**  
[www.papyrus-uk.org](http://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](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)

**CAMHS**  
  
**NHS Child and Adolescent Mental Health Services - advice and support**  
[camhs.elft.nhs.uk](http://camhs.elft.nhs.uk)  
[camhs.elft.nhs.uk/Who-we-help/Young-People](http://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/find-an-urgent-mental-health-helpline>

**Supportline**  
  
**Confidential helpline for emotional support on any issue**  
 Call 01708 765200  
[www.supportline.org.uk](http://www.supportline.org.uk)

**FRANK**  
  
**Honest info and advice about drugs**  
 Call 0300 123 6600  
 Text a question to 82111  
[www.talktofrank.com](http://www.talktofrank.com)

**Refuge**  
  
**Help for people facing domestic abuse**  
[www.refuge.org.uk](http://www.refuge.org.uk)  
 Call 0808 2000 247  
 Live chat at [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

**Kidscape**  
  
**Info and advice about bullying**  
[www.kidscape.org.uk](http://www.kidscape.org.uk)  
[www.kidscape.org.uk/advice/advice-for-young-people](http://www.kidscape.org.uk/advice/advice-for-young-people)

**Switchboard**  
  
**An LGBT+ Helpline and advice/info**  
 Call 0300 330 0630  
 Email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)  
 Live chat and info at [switchboard.lgbt](http://switchboard.lgbt)

## What do they help with?

-  Mental health
-  Drugs and Alcohol
-  Abuse and Bullying
-  Relationships and LGBTQIA+

If you need help urgently always call 999