

Feeling a little low and need some support? Then read below...

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

CHILDLINE 0800 1111

A free and confidential helpline for children and young people in the UK. Lines open 24 hours a day, 7 days a week.

NSPCC

NSPCC 0808 8005000

Advice, guidance, help, support or to take action on your behalf if you have concerns about a child who is either being abused or at risk of abuse.

SAMARITANS

SAMARITANS 116123

Charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.
Email jo@samaritans.org or telephone (open 24 hours a day).



Cruse
Bereavement
Care

CRUSE BEREAVEMENT CARE 0808 8081677

Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. They offer a range of free confidential support for children. www.cruse.org.uk

kooth

KOOTH

An anonymous, free online counselling and emotional wellbeing service for children.
www.kooth.com



mind
for better mental health

MIND 0300 1233393

Confidential help on a range of mental health issues.

YOUNGMINDS

fighting for young people's mental health

YOUNG MINDS 0808 8025544 (parents' helpline)

Committed to improving the emotional wellbeing and mental health of children and young people.

shout

for support in a crisis

SHOUT

If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258.

