

Useful Contacts



Young Minds

To access this free text service, text "YM" to 85258

Kooth

Head to Kooth.com for free & anonymous mental health support, online

Childline

Call 0800 11 11 for support. You can access Childline everyday, from 9am - midnight

Samaritans

Call 116 123 for mental health support. This service is available 24 hours per day

