

Mental Health & Wellbeing Support

If you find yourself feeling anxious, stressed, or overwhelmed there's support out there for you.

Reach out to:

Your parent/guardian or a member of school staff

Childline: 0800 1111

Your doctor (GP)

Mind Infoline: 0300 123 3393

CALL 111

24/7 mental health crisis support is available from the NHS, by calling 111

Are you, or is a young person you know, struggling to cope?

For confidential suicide prevention advice contact HOPELINE247. They're open 24 hours every day of the year.

Phone: 0300 102 2470
Text: 88247
Email: pat@papyrus-uk.org

If there's an immediate risk of danger to life, you should ring 999.

Free online support:

kooth

Kooth – children and young people age 11 to 18 yrs. Online mental wellbeing community with free, anonymous support.
www.kooth.com