

# Where can you go for further support?

## Support for Children and Young People



Mental health services are free on the **NHS**. To get urgent medical help, use the NHS **111** online service, or call **111** if you're unable to get help online. For life-threatening emergencies, call **999** for an ambulance.

# POLICE

If you or somebody else is in immediate danger, or it feels like a situation might get dangerous and you need support right away, contact the **police** on **999**.



**Shout** is a 24/7 text service available for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.  
Text **SHOUT** on **85258**



**Childline** are available to talk about anything – call anytime or get in touch online where you can chat confidentially.



**Papyrus** is a national charity dedicated to the prevention of young suicide. Take a look at their website for help and advice if you're thinking about suicide, or if you're worried about someone who is, or call **0800 068 41 41**.  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

# YOUNG MINDS

**Young Minds** is a charity that provides information and advice to young people and parents and carers, on managing suicidal feelings.  
Visit [www.youngminds.org.uk](http://www.youngminds.org.uk)



**Kooth** is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.  
Your online mental wellbeing community.  
Free, safe and anonymous support.  
[www.kooth.com](http://www.kooth.com)



**Beat** act as a champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.  
Call 0808 801 0711 or visit  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

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Frank offers confidential support, advice and information about drugs, their effects and the law.

[www.talktofrank.com](http://www.talktofrank.com)



Tellmi is a safe, anonymous app where you can talk to other young people about how you're feeling or what you're experiencing. Tellmi is moderated to keep you safe and has counsellors if you need more support.

[www.tellmi.help](http://www.tellmi.help)



CALM (Campaign Against Living Miserably) is a helpline for young males aged 16 to 35 years, suffering from depression and low self-esteem. It offers counselling, advice and information.

Call 0800 58 58 58 or visit [www.thecalmzone.net](http://www.thecalmzone.net)



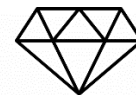
Ditch The Label helps young people navigate through issues related to bullying, such as improving mental health, body image, coming out and building confidence and self-esteem.

[www.ditchthelabel.org](http://www.ditchthelabel.org)



The Mix is the UK's leading support service for young people. They help young people take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or their counselling service.

If you need help but don't know where to turn call 0808 808 4994 or visit [www.themix.org.uk](http://www.themix.org.uk)



ALUMINA

Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers.

[www.selfharm.co.uk](http://www.selfharm.co.uk)