

SUPPORT

Get help and advice about a wide range of issues, talk to a counsellor online 24/7.

CHILDLINE

ChildLine

0800 1111



Advice and supports if you need someone to talk to. Their phone line is available regularly = 0800 83 85 87

BREATHING SPACE



Young Minds is the UK's leading charity for children and young people's mental health. If you need urgent help text YM to 85258

YOUNG MINDS

YOUNGMINDS

Calm is an online support network for men aged 15-35 who need some support. It is open from 5pm – midnight.

CALM



YOUR MENTAL HEALTH



Essential support for under 25s

THE MIX

The mix is the leading support service for young people under the age of 25 with a lot of important information.

SAMARITANS

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Samaritans is a 24hr online help service which runs 365 days of the year. It is free to call on 116 123.



Nightline Association

NIGHTLINE

This is a service run by students for students who need support at any time.



TEEN MENTAL HEALTH

This is a website which offers advice and information on how to deal with the pressures of growing up.