SUPPORT

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

ChildLine
0800 1111 ☏

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

BREATHING SPACE
Open up when you're feeling down

YOUNG MINDS
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

YOUNGMINDS

CALM
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

THE MIX
THE MIX
Essential support for under 25s

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

SAMARITANS
SAMARITANS

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

NIGHTLINE
n
Nightline Association

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

TEEN MENTAL HEALTH
teen mental health .org

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