

Barnardo's

www.barnardos.org.uk

Practical information and emotional support for:

Campaign Against Living Miserably (CALM)

0800 58 58 58

www.thecalmzone.net

Information and support for anyone who is struggling with things and needs to talk. Offers a helpline and webchat.

Childline

0800 1111

www.childline.org.uk

Information and advice for young people on topics like bullying, your body and relationships. Also provides:

Local Minds

www.mind.org.uk/about-us/local-minds

Local mental health services across England and Wales. Offers talking therapies, peer support and advocacy. Check to see if there is a Local Mind near you and what it can offer young people.

The Mix

85258 (crisis messenger service, text THEMIX)

www.themix.org.uk

Support and advice for people under 25, offering these services:

Crisis messenger textline

Discussion board

Webchat

Short-term counseling by phone and online

Samaritans

116 123

0808 164 0123 (Welsh Language Line)

jo@samaritans.org

www.samaritans.org

Samaritans are open 24/7 for people to talk about any concerns, worries and troubles they're going through. You can visit some Samaritans branches in person.

Shout

85258 (textline)

www.giveusashout.org

Shout is a confidential and anonymous 24/7 text support service for anyone struggling to cope. It is free to text Shout from all major mobile networks in the UK. To speak to a trained volunteer, text SHOUT to 85258.

YoungMinds

www.youngminds.org.uk

Mental health support for young people, parents and carers. Includes information about mental health problems and medication.

Anxiety UK

03444 775 774

07537 416 905 (textline)

www.anxietyuk.org.uk

Advice, support and information for people who experience anxiety.

Beat

0808 801 0677 (England)

0808 801 0433 (Wales)

www.beateatingdisorders.co.uk

Helpline, webchat and online support groups for people with eating problems, like anorexia and bulimia.

Papyrus HOPELINEUK

0800 068 4141

07860 039967 (textline)

pat@papyrus-uk.org

www.papyrus-uk.org

Support and advice for people under 35 experiencing suicidal thoughts or finding it hard to cope. Provides support for anyone concerned about another young person.

National Society for the Prevention of Cruelty to Children (NSPCC)

0800 1111 (Childline helpline if you're 18 or under)

www.nspcc.org.uk

Support and information for children who have experienced abuse, or anyone worried about a child. Provides local services to help young people and families overcome abuse.