

ONLINE/TELEPHONE SUPPORT SERVICES

- www.youngminds.org.uk Information for children and young people about mental health and wellbeing. **Free 24/7 crisis messenger – text YM to 85258**
- www.childline.org.uk Free confidential service to help young people under 19 with any issue they are going through. **Helpline – 0800 11 11**
- www.kooth.com Free, safe & anonymous online support for young people
- www.itsgoodtotalk.org.uk Listings of local counsellors
- www.bacp.co.uk British Association for Counselling & Psychotherapy
- www.themix.org.uk The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 **Helpline: 0800 808 4994**
- <https://coramvoice.org.uk/> Advocacy, information and support for looked after children and young people. **Helpline: 08088005792**
- www.samaritans.org Crisis support for anyone in emotional distress or thinking about suicide. **Helpline: 08457 90 90 90**
- www.papyrus-uk.org Confidential advice and support for young people who feel suicidal **Helpline 08000684141/ Text 07786209697**
- www.thecalmzone.net Support for young men who are down or in a crisis. **Helpline 0800585858**
- <https://nationalcareers.service.gov.uk/> Information, advice and guidance about learning, training and work
- <http://www.centreplace.org.uk/talkzone.htm> Counselling, live chat on-line or telephone
- www.the-lookout.org.uk Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- www.mind.org.uk/information-support/for-young-people Information and support for mental health and wellbeing issues.

- **www.virusanxiety.com** Resources, exercises and meditations for anxiety and mental health issues in the current climate.
- **How to protect your mental health – Coronavirus** - https://www.bbc.co.uk/news/health-51873799?xtor=ES-211-%5b30618_PANUK_NLT_11_ENG_ACT_0-3Months_MarkKermode%5d-20200317-%5bbbcnews_coronavirus2020howtoprotectyourmentalhealth_factualhealth