

MENTAL HEALTH HELPLINES

SHOUT - text SHOUT to 85258 (Free confidential support for anyone who is struggling to cope or in crisis, open 24/7) Alternatively you can visit giveusashout.org for additional resources, information and support.

shout
85258

Samaritans - call 116 123 to talk to someone OR email jo@samaritans.org for a reply within 24 hours (Free and confidential helpline open 24/7 to listen to you and how you are feeling) Alternatively you can visit samaritans.org for additional resources, information and support.

SAMARITANS

The MIX - call 0808 808 4994 OR text THEMIX to 85258 (Free confidential support for anyone under 25, providing support whatever the problem. Lines are open from 11am - 11pm everyday) Alternatively you can visit themix.org.uk for additional resources, information and support.

THE MIX
Essential support for under 25s

Childline - call 0800 1111 (Free confidential service for anyone under 19 for any problem such as abuse to bullying to relationships etc. Lines are open 24/7) Alternatively you can visit childline.org.uk for additional resources, information and support.

ChildLine
0800 1111

Campaign Against Living Miserably (CALM) - call 0800 585858 (Free and confidential Information and support for anyone struggling to cope, open 5pm - midnight every day) Alternatively you can visit thecalmzone.net for additional resources, information and support.

CAMPAIGN AGAINST LIVING MISERABLY

Papyrus HOPELINE247 - call 0800 068 41 41 OR text them on 88247 OR email pat@papyrus-uk.org (A free helpline which provides advice and support for young people who feel like they want to take their own life, lines are open from 24/7) Alternatively you can visit papyrus-uk.org for additional resources, information and support.

PAPYRUS

No Panic - call their helpline on 0300 772 9844 OR call their crisis line on 01952 680 835 (Provides support and information to young people experiencing panic attacks and OCD, helpline is open 10am - 10pm every day and their crisis line is open 24/7) Alternatively you can visit nopanice.org.uk for additional resources, information and support.

No Panic
Don't suffer alone
Pick up the phone

BEAT - call 0808 801 0677 (A free helpline that offers support and information about eating disorders, open from 3pm - 8pm Monday to Friday) Alternatively you can visit beateatingdisorders.co.uk for additional resources, information and support.

Beat
Eating disorders

FRANK - call 0300 123 6600 OR text 82111 (Confidential support, advice and information about drugs, their effects and the law, open 24/7). Alternatively you can visit talktofrank.com for additional resources, information and support.

FRANK

Alateen - call 0800 008 6811 (Support for young people who have relatives or friends that are alcoholics, open 10am - 10pm every day) Alternatively you can visit al-anonuk.org.uk for additional resources, information and support.



Child Bereavement UK - call 0800 028 8840 (Provides support for children, young people, parents and families after the death of someone close, open 9am - 5pm Monday to Friday) Alternatively you can visit childbereavementuk.org for additional resources, information and support.

Child Bereavement UK

National Bullying Helpline - call 0300 323 0169 (Provides support for anyone experiencing bullying, open from 9am - 5pm Monday to Friday) Alternatively you can visit nationalbullyinghelpline.co.uk for additional resources, information and support.



NATIONAL BULLYING HELPLINE

Switchboard LGBT+ helpline - Call 0300 330 0630 (Providing support related to sexuality and gender identity for anyone at any point in their journey, open from 10 am - 10 pm every day) Alternatively you can visit switchboard.lgbt for additional resources, information and support.

Switchboard
LGBT+ helpline

Mermaids UK - call 0808 801 0400 OR alternatively you can text MERMAIDS to SHOUTS number for crisis support - 85258 (Support for transgender, nonbinary and gender diverse people under 20 years old, open 9am - 9pm Monday - Friday) Alternatively you can visit mermaidsuk.org.uk for additional resources, information and support.



Galop - call 0800 999 5428 OR email help@galop.org.uk (For anyone 13 years old and above providing support for LGBT+ people who have/are experiencing abuse or violence, this can include hate crimes, domestic violence, sexual violence, conversion therapy or any other type of abuse. It is open 10am - 8pm Monday to Thursday and 10am to 4pm on Fridays) Alternatively you can visit galop.org.uk for additional resources, information and support.

