

Where can I go for Mental Health and Wellbeing Support?



SHOUT: Immediate crisis text support for if you feel like you can't cope or are worried about how you are feeling.
Text 'SHOUT' to 85258. Open 24/7

***Remember if you feel that you are in crisis and feel that you can't keep yourself safe you can phone 999 or go to A&E.**



Papyrus: For if you're worried about suicidal feelings.
Hopeline: 0800 068 4141. Open 9am – midnight. Free
Text: 07860039967
Email: pat@papyrus-uk.org

***Remember if you feel that you are in crisis and feel that you can't keep yourself safe you can phone 999 or go to A&E.**



Childline: Free confidential service to talk about what you want.
www.childline.org.uk
Helpline: 0800 1111. Open 24/7 and free



The Mix: Info and support for under 25s for all kinds of issues.

www.themix.org.uk

Helpline: 0808 8084994. Open 4pm-11pm and free.



Young Minds: Info on a range of mental health issues.

www.youngminds.org.uk



Kooth: Free, anonymous online counselling and support for young people

www.Kooth.com



Stem4education Apps: Free apps to help manage anxiety, self-harm, low mood, and helping families support teenagers with their mental health.

www.education.stem4.org.uk/apps/



42nd Street: Manchester mental health service and info for Young People.

www.42ndstreet.org.uk/young-people



Winston's Wish: Info and support following a bereavement.

Young people's page: www.help2makesense.org

Helpline: 08088 020 021. Open 8am-8pm Monday-Friday. Free.

Email: ask@winstonswish.org



The Proud Trust: Info and support for LGBT+ young people. LGBT+ Youth groups.

www.theproudtrust.org

Live chat with LGBT+ youth workers on website.



Mermaids: Info and support for gender-diverse young people.

www.mermaidsuk.org.uk

Helpline: 0344 334 0550 (Monday-Friday, 9am-9pm) Free

Email: info@mermaidsuk.org.uk.

The logo for 'help at hand' features the words 'help' and 'hand' in a white, lowercase, sans-serif font, separated by a small white circle containing the word 'at'. The entire logo is set against a solid blue rectangular background.

Help at Hand: Info and support for young people living in care.
www.childrenscommissioner.gov.uk/help-at-hand
Helpline: 0800 528 0731. Free
Email: help.team@childrenscommissioner.gov.uk



Beat: Info and support on eating disorders.
www.beateatingdisorders.org.uk
Helpline: 0808 801 0677. 9am-midnight. Free



The Hideout: Info and support for young people affected by domestic violence and abuse.
www.thehideout.org.uk