



# INFORMATION AND SUPPORT



## YOUNGMINDS CRISIS MESSENGER

Whether you need a reassuring conversation, specialist mental health support, or simply the knowledge that you are not alone in how you are feeling, we will make sure that all young people get support that meets them where they're at as quickly as possible.

**Text YM to 85258**

**Free 24/7 support**

<https://youngminds.org.uk>



## THE MIX

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

**Freephone: 0808 808 4994**

**Daily 4-11pm**

**Text THEMIX to 85258**

**24/7 crisis support**

[www.themix.org.uk/get-support/speak-to-our-team](http://www.themix.org.uk/get-support/speak-to-our-team)

## PAPYRUS HOPELINEUK

PAPYRUS is the UK Charity for the prevention of young suicide (under 35).

**For PAPYRUS HOPELINEUK call 0800 068 4141** (open 9am - midnight every day of the year)

**Phone: 0800 068 4141**

**Text: 07786209697**

[www.papyrus-uk.org](http://www.papyrus-uk.org)



## CHILDLINE

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

[www.childline.org.uk](http://www.childline.org.uk)



## SHOUT

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

**Text 85258**

<https://giveusashout.org>



## KOOTH

Kooth Is a free online counselling and emotional wellbeing support service providing young people aged 11-25 years. Kooth offers young people bookable virtual chat sessions with experienced counsellors, live moderated forums to share their experiences, self-help materials, journals and goal trackers to reflect their thoughts and feelings.

<https://www.kooth.com/>



## SWITCHBOARD

If you identify as gay, lesbian, bisexual or transgender, you can call

**Switchboard on 0300 330 0630** (10am-10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+

<https://switchboard.lgbt>



## SAMARITANS

You can access confidential emotional support at any time from Samaritans either by

**calling 116 123**

**or emailing [jo@samaritans.org](mailto:jo@samaritans.org)**

<http://www.samaritans.org>



## NHS

**24/7 Mental Health Support Line**

**Phone: 0800 028 8000**

[/www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline](http://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

**FRENSHAM  
HEIGHTS**

**COUNSELLING  
SERVICES**

