



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

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

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

<https://youngminds.org.uk/find-help/get-urgent-help/>

Children's Advice and Duty Service

Name: Single point of contact for safeguarding concerns

Tel: [01305 228866](tel:01305228866)

NSPCC

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

[0800 1111](tel:08001111)