

Children's and young peoples mental health support

Kooth: www.kooth.com provides free, safe and anonymous online counselling and support for young people. Monday – Friday 12pm – 10pm and Saturday – Sunday 6pm – 10pm

Young Minds: run a crisis messenger service which: Provides free 24/7 support | If you need help text **YM to 85258** All txts are answered by trained volunteers and texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. For more information go to youngminds.org.uk

The Mix: www.themix.org.uk. If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need. Freephone: 0808 808 4994 (13:00-23:00 daily).

Shout: Text support in a crisis | Text: 85258

Childline: www.childline.org.uk If you're under 19 you can confidentially call, email, or chat online about any problem big or small. Freephone 24h helpline: **0800 1111** | [Sign up for a childline account](http://www.childline.org.uk) on the website to be able to message a counsellor anytime without using your email address go to: www.childline.org.uk/registration Chat 1 to 1 with an [online advisor](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat) at: www.childline.org.uk/get-support/1-2-1-counsellor-chat

Children and young peoples mental health service: Provided by North East London Foundation Trust this services provides specialist mental health support and advice. Call **0300 123 4496**

Papyrus: is a charity specifically for young people with suicidal thoughts. They run HOPELINEUK for confidential support and practical advice
Call: **0800 068 4141** Text: **07786209697** or Email: pat@papyrus-uk.org. Opening hours: weekdays -10am to 10pm weekends and bank holidays - 2pm to 10pm
For more information visit papyrus-uk.org

Harmless: A national charity supporting those who self-harm or their families go to www.harmless.org.uk

Samaritans: Call **116 123** free from any phone 24 hours any day. Email: jo@samaritans.org. The Samaritans will also contact someone if you are worried about them.

Royal College of Psychiatrists Coping with Self-Harm: A guide for Parents and Carers download this here: www.psych.ox.ac.uk/files/research/coping-with-self-harm-brochure_final_copyright.pdf