

Helplines for immediate support.

Samaritans

A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.

Telephone: 116 123

Website: www.samaritans.org

Childline

A registered charity to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counselors are there to support you.

Telephone: 0800 1111

Website: www.childline.org.uk

Shout

Shout is the UK's first 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

Website: www.giveusashout.org

Young Minds

Young Minds is a UK charity committed to improving children's wellbeing and mental health. Discover information, advice & support for young people affected by mental health. Training Professionals. Changing Attitudes. Supporting Parents. Empowering young People.

Text: 8528

Helpline for parents: 0808 802 5544

Website: www.youngminds.org.uk

Papyrus

PAPYRUS plays an active part in a number of national collaboratives, working together with partners to reduce suicide numbers. PAPYRUS is a campaigning organisation, rooted in the experiences of its members and supporters who believe that many young suicides may be prevented.

Telephone: 0800 068 4141

Text: 07860 039967

Email: pat@papyrus-uk.org

Sane Line

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

Telephone: 0300 304 7000

Register for textcare: www.sane.org.uk/what_we_do/support/textcare/

Silverline

The Silver Line is a helpline and friendship service for people aged 55 and over. The Silver Line Helpline is free to callers. All costs of calls are covered by The Silver Line.

Telephone: 0800 470 8090

Moodjuice

Moodjuice is an Internet site developed by Choose Life Falkirk and the Adult Clinical Psychology Service, NHS Forth Valley. The site is designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions.

Website: <https://www.moodjuice.scot.nhs.uk/>

Mental Wellbeing Audio Guides

A series of mental wellbeing podcasts or audio guides produced from professionals within the NHS. You can listen to in your own time, in private, to help you through times when your mood is low or you're feeling anxious. Each audio guide gives you simple, professional advice on what you can do to improve your mental health and wellbeing.

Website: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Hub of Hope

A website (also available as a mobile phone app that can be downloaded using you app provider) that will locate local support to you based on your postcode, as well as providing a 'talk now' button connecting users directly to the Samaritans.

Website: www.hubofhoe.co.uk

Forward Thinking Birmingham

Forward Thinking Birmingham is the provider of mental health services for people up to the age of 25 in Birmingham.

Website: www.forwardthinkingbirmingham.org.uk/resources

Kooth

Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Telephone: 0203 984 9337

Email: contact@xenzone.com

safeguarding@xenzone.com

parents@xenzone.com

