



SUPPORT OVER CHRISTMAS

SHOUT (TEXT 'SHOUT' TO 85258)

Text support for young people in crisis.

24/7

SAMARITANS (116 123)

Listening support for anyone who is struggling to cope and wants someone to talk to.

24/7

HOPELINE UK (0800 068 41 41)

Offering phone support for young people experiencing suicidal thoughts. Text and email support also available (papyrus-uk.org)

CHILDLINE (0800 11 11)

Helpline and webchat where you can talk about anything on your mind (childline.org.uk)

KOOTH (KOOTH.COM)

An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.

CAMHS CRISIS LINE (0300 303 1320)

Immediate emotional and practical telephone support for young people aged 17 and under.

24/7

CAMPAIGN AGAINST LIVING MISERABLY (0800 58 58 58)

Helpline and webchat services providing information and support (thecalmzone.net)

If your life is at risk, please call 999 or visit your nearest A&E to access support from emergency services.