

## HELPLINES, APPS AND WEBSITES IF YOU NEED HELP NOW

	PHONE		ONLINE CHAT?
<b>Childline</b> Free, confidential service where you can talk about anything you want	0800 1111 free 24/7	www.childline.org.uk	
<b>The Mix</b> Info and support for the under 25s for all kinds of issues	0808 8084994 free not 24/7	www.themix.org.uk	4 - 11pm
<b>Young Minds</b> Mental health support	Crisis text messenger 85258 free 24/7	www.youngminds.org.uk	
<b>Runaway Helpline</b> Support when you have gone missing	116000 free confidential 24/7	www.missingpeople.org.uk/ how-we-can-help/young-peo- ple/646-saysomething.html	
<b>Kooth</b> Free, anonymous online counselling and support for young people	Mon – Fri 12pm – 10pm Sat – Sun 6pm – 10pm	www.kooth.com	
<b>Help at Hand</b> Support, advice and info for young people in care	0800 528 0731 free not 24/7	www.childrenscommissioner. gov.uk/help-at-hand	

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<b>stopitnow!</b> Help if you are worried about your online behaviour or someone else's	0800 1111 free 24/7	www.childline.org.uk	
<b>The Mix</b> Info and support for the under 25s for all kinds of issues	0808 1000 900 free confidential weekdays 9am-9pm	www.stopitnow.org.uk	
<b>B-eat</b> Support with eating disorders	0808 801 0711 or 0808 801 0677 free confidential not 24/7	www.beateatingdisorders.org.uk	
<b>Brook</b> Sexual health advice for under 25s	Х	www.brook.org.uk	
<b>Children's Society</b> Support with various mental health and emotional issues for 13-17s	X	www.childrenssociety.org.uk/ mental-health-advice-for-chil- dren-and-young-people/the-ad- vice-resource-vault/advice-for- children-age-13-17	
<b>SelfHarm UK</b> Support with self harm	Х	www.selfharm.co.uk	
<b>Shout</b> Crisis text messenger service (any age)	Text 85258 24/7	https://www.giveusashout.org/ get-help/	
IMAlive Online crisis messen- ger service (based in US)	24/7	https://www.imalive.org/	
<b>Calm Harm</b> Free app to help manage self-harm urges	X	https://calmharm.co.uk/	

Free mental health support app for young people to talk to ex- perts or people with similar issuesthe app allow char with other people (posts moderated i advance)Fearless Information and advice about youth crime.100% anony- mous crime reportingXhttps://www.fearless.org/en101 Non-emergency Police number. For emergencies DIAL 999101 L11https://www.giveusashout.org/ get-help/111 Non- emergency health advice. For emergencies DIAL 999111 Call if you are serious- ly worried about symptomshttps://111.nhs.uk/ Serious24/724/7	· · · · · · · · · · · · · · · · · · ·			
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