

IF YOU NEED HELP OVER THE CHRISTMAS PERIOD HERE ARE SOME ORGANISATIONS THAT WILL BE CONTINUING TO SUPPORT PEOPLE IN CRISIS



**IT'S
OKAY
TO ASK
FOR
HELP**



YoungMinds Crisis Messenger

YoungMinds Crisis Messenger Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

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.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Text: YM to 85258

Opening times: 24/7



CHILDLINE

If you're under 19 you can confidentially call, chat online or email about any problem big or small.

Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service.

Can provide a BSL interpreter if you are deaf or hearing-impaired.

Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations.

Phone: 0800 111

Opening times: 7:30am - 3:30am, 365 days a year



SAMARITANS

Whatever you're going through, you can contact the Samaritans for support.

Phone: 116 123

Email: jo@samaritans.org

Opening times: 24/7

WWW.SAMARITANS.ORG



Offers support to anyone under 25 about anything that's troubling them.

Email support available via their online contact form.

Free 1-2-1 webchat service available.

Free short-term counselling service available.

Phone: 0808 808 4994

Opening times: 4pm - 11pm, seven days a week

WWW.THEMIX.ORG.UK

PAPYRUS



Offers confidential advice and support for young people struggling with suicidal thoughts.

Its helpline service - HOPELINEUK - is available to anybody under the age of 35 experiencing suicidal thoughts, or anybody concerned that a young person could be thinking of suicide.

Phone: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

WWW.PAPYRUS-UK.ORG

Opening times: 9am – 10pm, Monday - Friday; 2pm – 10pm, weekends; 2pm – 10pm, bank holidays

CALM



(Campaign Against Living Miserably)

Provides support to anyone in the UK who is feeling down and needs to talk or find information.

Free webchat service available.

Information about the helpline and how it works available here.

WWW.THECALMZONE.NET

Phone: 0800 58 58 58

**Opening times: 5pm - midnight,
365 days a year**

BEAT

Offers information and support for anybody affected by eating disorders.

One-to-one web chat available.

**Enter your postcode in the HelpFinder to see what eating disorder support is available in your area.
Information on helpline accessibility and confidentiality available here.**

Phone: 0808 801 0677 (helpline for anyone over 18)

Phone: 0808 801 0711 (youthline for anyone under 18)

Phone: 0808 801 0811 (studentline)

Email: help@beateatingdisorders.org.uk (for anyone over 18)

Email: fyp@beateatingdisorders.org.uk (for anyone under 18)

Email: studentline@beateatingdisorders.org.uk (for students)

**Opening times: 365 days a year - weekdays (9am - 8pm);
weekends (4pm - 8pm)**

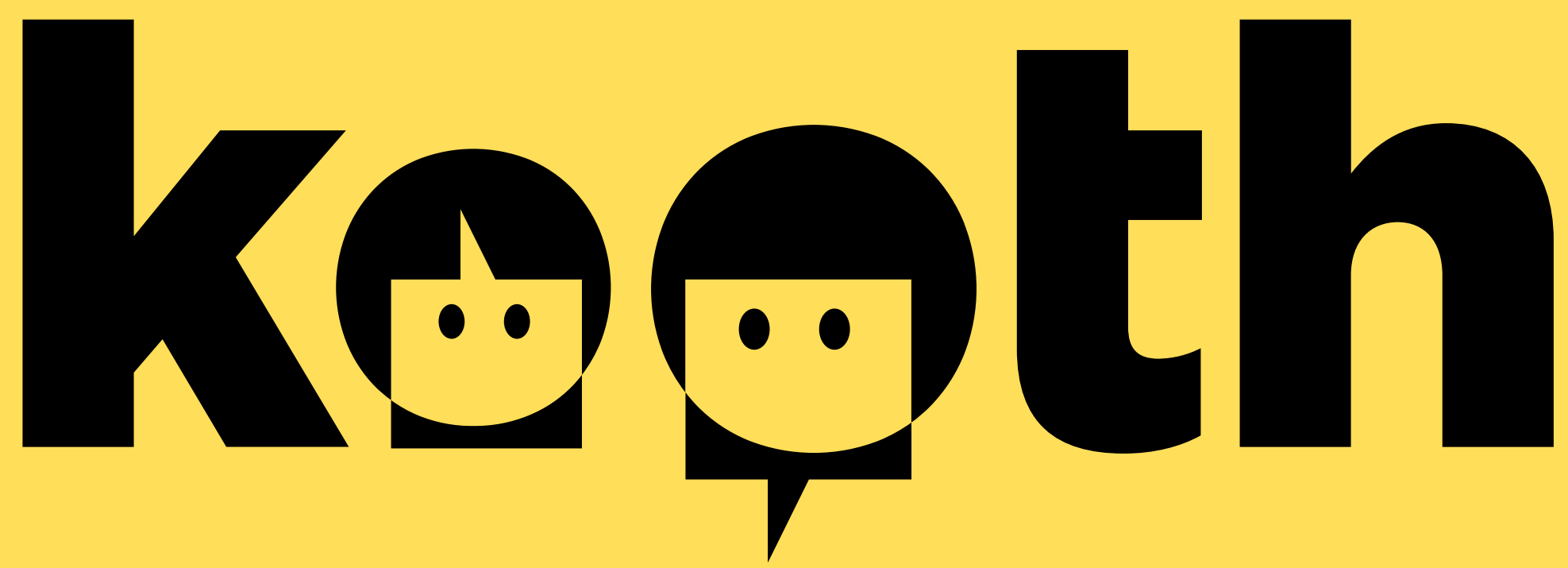
CALM

HARM



**A free app providing support
and strategies to help you
resist or manage the urge to
self-harm**

www.calmharm.co.uk



www.kooth.com

Online mental wellbeing
community for children and
young adults 11 - 18 years old.

Free, safe and anonymous
support.