

THINGS TO DO WHEN YOU ARE IN A CRISIS

Text **SHOUT** to **85258**

Call **116 123**

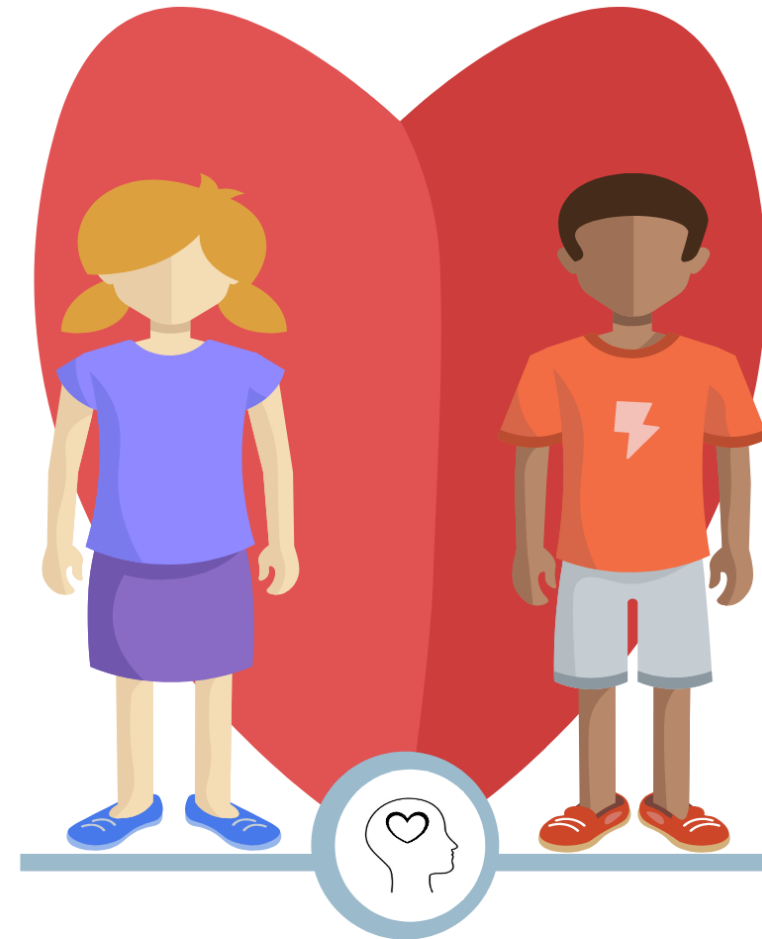
Speak to your **GP**

For urgent help, call **999**

TOP TIP: SAVE THESE
NUMBERS ON YOUR PHONE



BE KIND TO YOURSELF



Child and Young Adult
Mental Health

LZ Updated 22/09/20

RESOURCES

CHILDLINE

childline

ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk

CALL

0800 1111

Call CHILDLINE for free
Everyday, from 9AM - midnight

INFO

KNOWLEDGE

Support you with individual
topics such as body image,
bullying and more.

ACTIVITIES

FUN

Register and start having fun

- play GAMES,
- write in the MOOD JOURNAL
- get creative in your ARTBOX
- relax in the CALM ZONE.

CHAT

COMMUNITY

Register to with the online community
Share experiences
Get support from other young people

SAMARITAN

SAMARITANS

www.samaritans.org

CALL

116 123

Call SAMARITAN for free
Anyday and anytime.
24 hour service

EMAIL

EMAIL JO

Email jo@samaritan.org
Reply within 24 hours

APP

SELF-HELP

Launch app online and register
Track your mood and get tips
Help yourself to get better

THE MIX

THE MIX

www.themix.org.uk

0808 808 4994

CALL

Call THE MIX for free
Anyday from 4PM - 11PM

THERAPY

COUNSELLING

Virtual counselling
Up to 8 sessions
Self-refer online

APP

STRESSHEAD APP

Reduce your stress
Download or play online

CHAT

COMMUNITY

Group chats (Sun-Thur 8AM - 9PM)
Discussion boards
Register and communicate

AND MORE....

**YOUNG
MINDS**

YOUNGMINDS

www.youngminds.org.uk



PAPYRUS

www.papyrus-uk.org

**READING
WELL**

BOOKS

www.reading-well.org.uk



This leaflet provides recommendations to support you on your journey to recovery. All services are free unless stated otherwise. These resources do not substitute the expertise of a medical professional. Terms of conditions of each services are specified on each individual website. Confidentiality will be maintained unless any concerns are raised regarding your safety or the safety of others.