

ORGANISATIONS OFFERING FREE SUPPORT



Free crisis messenger, 24/7 support for all ages
www.giveusashout.org | Text SHOUT to 85258



Online counselling support for ages 11-25
www.kooth.com



supporting teenage mental health
 Free service & apps supporting mental health for ages 11-19
www.stem4.org.uk



NHS talking therapies supports with common mental health problems like stress, anxiety and depression
www.nhs.uk



Free and confidential helpline for young people under the age of 19
www.childline.org.uk | 0800 1111
 Everyday, 9am-3pm



Free 24/7 call service for all ages to talk about your issues
www.samaritans.org | 116 123



Free advice and support to anyone experiencing a mental health problem
www.mind.org.uk | 0300 123 3393



Provides support for vulnerable young people and their families
www.barnardos.org.uk | 0208 550 8822



Provide support for infants, children, young people and their families from conception to 25
www.annafreud.org | 0207 794 2313



Provides support for anyone under the age of 25
www.themix.org.uk | 0808 808 4994



Provide confidential support and advice to young people under the age of 35 struggling with thoughts of suicide
www.papyrus-uk.org | 0800 068 4141
 Everyday, 9am-midnight



Online free advice from Citizens Advice to help you find a way forward
www.citizensadvice.org.uk | 0800 144 8848
 Mon-Fri, 10am-4pm



Free and confidential counselling service for young Muslims, available nationally via the telephone, email, live chat
www.myh.org.uk | 0808 808 2008



Provides advice & support to young people affected by mental health
www.youngminds.org.uk | 0808 802 5544
 Mon-Fri, 9:30am-4pm



Provides support 365 days a year to people who have or are worried they have an eating disorder
www.beateatingdisorders.org.uk | 0808 801 0677



Confidential support to people experiencing difficulties
www.thecalmzone.net
 0800 58 58 58
 Everyday, 5pm-midnight

