SAMARITANS

Samaritans are open 24/7 for people to talk

Call 116 123

samaritans.org

KOOTH.com

Safe, anonymous online community and counselling for young people.

SOURCES OF SUPPORT OVER THE SUMMER

PAPYRUS

support and advice for people experiencing suicidal thoughts

Ring HOPELINEUK on 0800 068 4141

YOUNG MINDS

Mental health support for young people, parents and carers.

youngminds.org.uk

THE MIX

support and advice for people under 25

themix.org.uk

85258 (crisis messenger service, text THEMIX)

NHS
Mersey Care
NHS Foundation Trust

ALUMINA

An online, 7-week course to help people from 14 to 19 who self-harm.

selfharm.co.uk

THE PROUD TRUST

Support for LGBTIQ+ young people

theproudtrust.org

SOURCES OF SUPPORT OVER THE SUMMER

CALM HARM

A smartphone app for people over 13, with activities to help resist or manage the urge to self-harm.

CALM HARM

CHILDLINE

Information and advice for young people.

Call 0800 1111
childline.org.uk

BEAT

Helpline, webchat and online support groups for people with eating problems

beateatingdisorders.co.uk

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