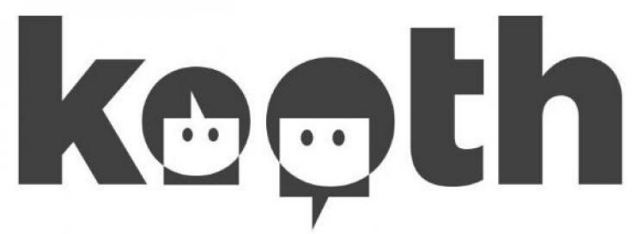




Where to find help?



USEFUL CONTACTS, WEBSITES &
APPS FOR SUPPORT WITH YOUR
EMOTIONAL HEALTH



[Kooth.com](https://www.kooth.com)

Online counselling and support for your emotional wellbeing



[Youngminds.co.uk](https://www.youngminds.co.uk)

Information and support for young people's mental health

Crisis Messenger: Text 'YM' to 85258 (24/7)



[Childline.org.uk](https://www.childline.org.uk)

Free, confidential helpline and online support

0800 1111 (free 24/7)



[Papyrus-uk.org](https://www.papyrus-uk.org)

Confidential suicide prevention support for young people

Hopeline UK: **0800 068 41 41** / Text: **07860039967**



[Samaritans.org](https://www.samaritans.org)

Listening helpline and email

116 123 / jo@samaritans.org



[Selfharm.co.uk](https://www.selfharm.co.uk)

Support for young people impacted by self-harm

Alumina - free online course for young people struggling with self-harm



[Beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)

Information, help and support for anybody affected by eating disorders

Youthline: **0808 801 0711** or [webchat](#)

Apps...

