

Mermmaids
supporting transgender, nonbinary and gender-diverse children, young people, and their families since 1995.

Helpline: 0800 801 0400
Open Mon- Fri 9am- 9pm (times may vary on Bank Holidays)

Text Crisis service: Text MERMAIDS to 85258
24/7 (partnership with SHOUT)
Email: info@mermmaidsuk.org.uk
Web Chat available Mon- Fri 9am- 9pm

BullyingUK
Part of Family Lives

Helpline: 0800 800 2222
Email: askus@familylives.org.uk
Online chat available 1:30pm- 9pm, Monday to Friday

SAMARITANS

Call: **116 123**
Free 24/7- 365 days a year
Check out our Self-Help App on our webpage
www.samaritans.org.uk

MIND for better mental health

Call: **0300 123 3393**
Mondays- Fridays 9am- 6pm
www.mind.org.uk

Beat

Beat Eating Disorders helplines are open 365 days a year.
Weekdays 9am- 8pm, Weekends 4pm- 8pm.
Helpline: 0800 801 0677
Youthline: 0800 801 0811
If the helplines are busy, you can have a one to one web chat.
www.beateatingdisorders.org.uk

PAPYRUS

Helpline UK by Papyrus Suicide Prevention for Young Suicide
Call: 0800 066 41 41
Text: 07786 209697
Email: pat@papyrus-uk.org

hope again

Young People Living after Loss- service by Cruse Bereavement.
Helpline: 0800 808 1677
Available Mon- Fri 09:30am- 5pm
Email: hopeagain@cruse.org.uk

YOUNG MINDS

Young Minds crisis messenger text service is free 24/7. Text YM to 85258.
www.youngminds.org.uk
Parent Helpline 0800 80255 44
Available 09:30- 16:00 Mon- Fri.
webchat offered to parents.

FRANK
Honest Information about Drugs.
Call 24hr helpline: **0300 123 6600**
Text: 82111

CALM
Campaign Against Living Miserably
Call: 0800 58 58 58
5PM- Midnight
365 days a year
Web Chat Support Available

THE MIX
Expert support for 25-35
Call: 0800 808 4994
www.themix.org.uk

The Mix is the leading UK support for young people from homelessness, break ups, to drugs.
Talk to us via online, social or our free confidential helpline.

50 AnxietyUK

Helpline: 0344 4 775 774
Mon- Fri 09:30am- 5:30pm
Text support: 07537 416 905
Email: support@anxietyuk.org.uk

mencap

Call: 0800 808 1111
Mondays- Fridays 9am- 3pm
Email: helpline@mencap.org.uk
Online Support Communities available.

childline

Tel: 0800 1111
www.childline.org.uk

Can register for an account to have a 1:1 chat online with a counsellor or to send an email.

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

MOODJUICE

www.moodjuice.scot.nhs.uk
Moodjuice is designed to help you think about emotional problems and work towards solving them. Emotional problems are often the mind and body's way of saying that something needs to be changed in our life.

Kooth

Kooth is a free online mental wellbeing community for 12- 18 years with live chats with a counsellor, forum and discussion boards.
www.kooth.com

STAY SAFE

Get in touch!

