



HELPLINES

WHERE TO FIND **HELP** AND ADVICE

Produced by students for students



Papyrus

0800 068 4141

Provides safety plans
coping techniques and
has resource page too

Samaritans

116 123

Talk about anything
upsetting you

SHOUT

85258

Free confidential
TEXT messaging
service

Childline

0800 1111

Call about anything
that is worrying you

The Mix

0808 808 4994

If you need someone
to talk to. (under 25's)
Open 3pm - 12am



WEBSITES AND APPS

Kooth

Website - get an online counsellor, support, confidential interaction with others

Calm Harm

Support for those who have the urge to self harm

MindShift CBT

Support young people with anxiety symptoms

Headspace

App - Mindfulness

Smiling Mind

App - Meditation and breathing exercises

Think Ninja

Learn about mental health and wellbeing, build resilience

Daylio

App - Mood recording

Stay alive

App - Suicide prevention

Cove-app.com

App - Help young people capture mood and express how they feel through music



If you are worried for the safety or wellbeing of yourself or someone you know please talk to a member of the Hub.