

Helpline services available

### **YoungMinds Crisis Messenger**

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

### **Childline**

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)
- [Chat 1-2-1 with a counsellor online](#)

### **The Mix**

- Information, support and listening for people under 25.
- Phone 0808 808 4994 (24 hours)
- [Get support online](#)

### **Samaritans**

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- [jo@samaritans.org](mailto:jo@samaritans.org)
- Phone 116 123 (24 hours)