














# HELPLINES, APPS AND WEBSITES IF YOU NEED HELP NOW

|   | PHONE<br> | WEBSITE<br>   | ONLINE CHAT?<br>    |
|---|--|--|--|
| <b>Childline</b><br>Free, confidential service where you can talk about anything you want | 0800 1111<br><br>free<br>24/7  | <a href="http://www.childline.org.uk">www.childline.org.uk</a>   |                    |
| <b>The Mix</b><br>Info and support for the under 25s for all kinds of issues              | 0808<br>8084994<br><br>free<br>not 24/7  | <a href="http://www.themix.org.uk">www.themix.org.uk</a>   | 4 - 11 pm<br><br> |
| <b>Young Minds</b><br>Mental health support   | Crisis text messenger<br>85258<br><br>free<br>24/7   | <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>   |  |
| <b>Runaway Helpline</b><br>Support when you have gone missing                             | 116000<br><br>free<br>confidential<br>24/7   | <a href="http://www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html">www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html</a> |  |
| <b>Kooth</b><br>Free, anonymous online counselling and support for young people           | Mon – Fri<br>12pm – 10pm<br><br>Sat – Sun<br>6pm – 10pm                                    | <a href="http://www.kooth.com">www.kooth.com</a>   |  |
| <b>Help at Hand</b><br>Support, advice and info for young people in care                  | 0800 528<br>0731<br><br>free<br>not 24/7   | <a href="http://www.childrenscommissioner.gov.uk/help-at-hand">www.childrenscommissioner.gov.uk/help-at-hand</a>   |  |

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| <b>stopitnow!</b><br>Help if you are worried about your online behaviour or someone else's      | 0800 1111<br><br>free<br>24/7   | <a href="http://www.childline.org.uk">www.childline.org.uk</a>   |  |
| <b>The Mix</b><br>Info and support for the under 25s for all kinds of issues                    | 0808 1000<br>900<br><br>free<br>confidential<br>weekdays<br>9am-9pm                               | <a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a>   |  |
| <b>B-eat</b><br>Support with eating disorders   | 0808 801<br>0711<br>or<br>0808 801<br>0677<br><br>free<br>confidential<br>not 24/7                | <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>   |                         |
| <b>Brook</b><br>Sexual health advice for under 25s  | <b>X</b>  | <a href="http://www.brook.org.uk">www.brook.org.uk</a>   |  |
| <b>Children's Society</b><br>Support with various mental health and emotional issues for 13-17s | <b>X</b>  | <a href="http://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17">www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17</a> |  |
| <b>SelfHarm UK</b><br>Support with self harm  | <b>X</b>  | <a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>   |  |
| <b>Shout</b><br>Crisis text messenger service (any age)   | Text 85258<br><br>24/7  | <a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>  |  |
| <b>IMAlive</b><br>Online crisis messenger service (based in US)                                 | 24/7  | <a href="https://www.imalive.org/">https://www.imalive.org/</a>  |                       |
| <b>Calm Harm</b><br>Free app to help manage self-harm urges                                     | <b>X</b>  | <a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>  |  |

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| <b>The Hideout</b><br>Domestic Abuse website for young  | <b>X</b>  | <a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a>                                      |  |
| <b>Frank</b><br>Honest information and advice about drugs and alcohol   | 0300<br>1236600<br><br>Text 82111<br>confidential<br><br>24/7                                     | <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>                                |  |
| <b>CEOP</b><br>Reporting online sexual abuse or content   | <b>X</b>  | <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>      |  |
| <b>Samaritans</b><br>Free confidential support line for people who are feeling desperate                          | 116 123   | <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>                                  | On it's way!<br>Chat will be available soon.   |
| <b>MeeTwo</b><br>Free mental health support app for young people to talk to experts or people with similar issues | <b>X</b>  | <a href="https://www.meetwo.co.uk/">https://www.meetwo.co.uk/</a>                                      | anonymous posts in the app allow chat with other people (posts moderated in advance)                       |
| <b>Fearless</b><br>Information and advice about youth crime.100% anonymous crime reporting                        | <b>X</b>  | <a href="https://www.fearless.org/en">https://www.fearless.org/en</a>                                  |  |
| <b>101</b><br>Non-emergency Police number.<br><b>For emergencies DIAL 999.</b>                                    | 101<br><br>15p per call   | <a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>            |  |
| <b>111</b><br>Non- emergency health advice.<br><b>For emergencies DIAL 999</b>                                    | 111<br>Call if you are seriously worried about symptoms<br><br>24/7<br>free                       | <a href="https://111.nhs.uk/">https://111.nhs.uk/</a><br><br>Use website if your enquiry isn't serious |  |