

EXPERT SUPPORT SERVICES FOR YOUNG PEOPLE

There are lots of support services to help young people struggling who need support with their mental health or suicidal thoughts.. You can help a young person by sharing these details and giving them a way to find support that suits them.

From helplines through to tools and info, there's so much out there. Here are some of our trusted expert organisations there to help young people.

PAPYRUS

Specialises in suicide prevention among young people under 35. Offers confidential support and advice. Also support for parents/carers.

→ **HOPELINEUK:** 0800 068 41 41 or text 88247 (24/7)

Email: pat@papyrus-uk.org

→ **Website:** papyrus-uk.org

THE MIX

Offers support and information for under-25s through phone, web chat, and email. Also peer support, counselling and message forums.

→ **Crisis Text Line:** Text THEMIX to 85258

→ **Website:** themix.org.uk

CHILDLINE

A service for people under 19, offering support through phone calls, online chats, and emails.

→ **Helpline:** 0800 1111

→ **Website:** childline.org.uk

SAMARITANS

Provides confidential emotional support for anyone in distress or struggling to cope.

→ **Helpline:** 116 123 (24/7)

→ **Website:** samaritans.org

KOOTH

An online platform offering free, safe, and anonymous support for young people, including chat with trained counsellors.

→ **Website:** kooth.com

SHOUT

Provides 24/7 text support for anyone in crisis.

→ **Crisis Text Line:** Text SHOUT to 85258

→ **Website:** giveusashout.org

YOUNGMINDS

Provides mental health support and information specifically for young people.

Provides a free parents Helpline 0808 802 5544 (Monday - Friday 9.30-4pm) Chat also available.

→ **Crisis Text Line:** Text YM to 85258

→ **Website:** youngminds.org.uk

NHS

You can also call the NHS on 111 and **select option 2 (Mental Health)** to access the Mental Health Crisis helpline.

This service gives people of all ages, including children & young people, the chance to be listened to by a trained member of staff who can help direct them to the right place.

Head to care.thecalmzone.net for all the info you need to be there for a young person