
















Helplines, apps and websites if you need help now

	Phone 	Website 	Online chat 
Childline Free, confidential service where you can talk about anything you want	0800 1111 free 24/7	www.childline.org.uk	
The Mix Info and support for the under 25s for all kinds of issues	0808 8084994 free not 24/7	www.themix.org.uk	 4pm – 11pm
Young Minds Mental health support	Crisis text messenger 85258 free 24/7	youngminds.org.uk	
Runaway Helpline Support when you have gone missing	116000 free confidential 24/7	www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html	
Kooth Free, anonymous online counselling and support for young people	Mon – Fri 12pm – 10pm Sat – Sun 6pm – 10pm	www.kooth.com	

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Help at Hand Support, advice and info for young people in care	0800 528 0731 free not 24/7	www.childrenscommissioner.gov.uk/help-at-hand	
stopitnow! Help if you are worried about your online behaviour or someone else's	0808 1000 900 free confidential weekdays 9am-9pm	www.stopitnow.org.uk	
B-eat Support with eating disorders	0808 801 0711 or 0808 801 0677 free confidential not 24/7	www.beateatingdisorders.org.uk	
Brook Sexual health advice for under 25s	X	www.brook.org.uk	
Children's Society Support with various mental health and emotional issues for 13-17s	X	www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17	

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SelfHarm UK Support with self harm	X	www.selfharm.co.uk	
Shout Crisis text messenger service (any age)	Text 85258 24/7	https://www.giveusashout.org/get-help/	
IMAlive Online crisis messenger service (based in US)	24/7	https://www.imalive.org/	✓
Calm Harm Free app to help manage self-harm urges	X	https://calmharm.co.uk/	
The Hideout Domestic Abuse website for young people	X	http://thehideout.org.uk/	
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
CEOP Reporting online sexual abuse or content		https://www.ceop.police.uk/safety-centre/	

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Samaritans Free confidential support line for people who are feeling desperate	116 123	https://www.samaritans.org/	On its way! Chat will be available soon.
MeeTwo Free mental health support app for young people to talk to experts or people with similar issues		https://www.meetwo.co.uk/	anonymous posts in the app allow chat with other people (posts moderated in advance)
Fearless Information and advice about youth crime. 100% anonymous crime reporting		https://www.fearless.org/en	
101 Non-emergency Police number. For emergencies DIAL 999.	101 15p per call		
111 <u>Non-emergency</u> health advice. For emergencies DIAL 999.	111 Call if you are seriously worried about symptoms 24/7 free	https://111.nhs.uk/ Use website if your enquiry isn't serious	