

Support for you



[0808 808 4994](tel:08088084994)
[85258](tel:08088084994) (crisis messenger
service, Text THEMIX)
themix.org.uk



AnxietyUK 
[03444 775 775](tel:03444775775) (helpline)
[07537 416 905](tel:07537416905) (text)

FRANK
[0300 123 6600](tel:03001236600)

YOUNGmINDS

fighting for young people's mental health

[85258](tel:085258) (crisis messenger
service, text YM)
youngminds.org.uk
[0808 802 5544](tel:08088025544)



hopeagain 
[0808 808 1677](tel:08088081677) young people
living after loss



[0300 5000 927](tel:03005000927)
rethink.org



hubofhope.co.uk



Call us free 24/7 on
116 123
samaritans.org



PAPYRUS

PREVENTION OF YOUNG SUICIDE

[0800 068 41 41](tel:08000684141)
[07786 209697](tel:07786209697) (text)

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

[0800 58 58 58](tel:0800585858)

