

# Places to find mental health support for young people



Text SHOUT to 85258  
Free, confidential support, 24/7

## Shout

Shout is 24/7, free text service. Text 85258 for immediate help.

## childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

## Childline

Childline is free, private and confidential. Online and by phone up to 19 years old.

## SAMARITANS

## Samaritans

You can access free emotional support from Samaritans at any time by calling 116 123 or emailing [jo@samaritans.org](mailto:jo@samaritans.org)



## Young Minds

Available all day, every day. Text 85258 for urgent mental health support.



## HOPELINEUK

For confidential suicide prevention advice contact HOPELINEUK from Papyrus. Visit [papyrus-uk.org](http://papyrus-uk.org)

## NHS

## NHS

Mental health services are free on the NHS. For urgent help, use NHS 111 online or call 111.

