



SUPPORT SERVICES FOR THE HOLIDAYS



THE MIX

WEBSITE: WWW.THEMIX.ORG

SERVICES: *DISCUSSION BOARD/FORUM, SUPPORT GROUPS, COUNSELLING (ACCESS VIA WEBSITE)*

URGENT MENTAL HEALTH SUPPORT: TEXT 'THEMIX' TO 85258

SHOUT

WEBSITE: WWW.GIVEUSASHOUT.ORG

SERVICES: *24 HOUR TEXT SUPPORT*

TEXT: 'SHOUT' TO 85258

URGENT MENTAL HEALTH SUPPORT: YES

B U NOTTS

WEBSITE: WWW.BEUSUPPORT.CO.UK

SERVICES: *FACE TO FACE COUNSELLING, GROUP COUNSELLING, ONLINE COUNSELLING (ACCESS VIA REFERRAL FORM ON WEBSITE)*

URGENT MENTAL HEALTH SUPPORT: NO

KOOTH

WEBSITE: WWW.KOOTH.COM

SERVICES: *ONE TO ONE ONLINE SUPPORT, LIVE CHAT, MESSAGING SUPPORT SERVICES*

URGENT MENTAL HEALTH SUPPORT: NO

PAPYRUS HOPELINE 247

WEBSITE: WWW.PAPYRUS-UK.ORG

SERVICES: *SUICIDE PREVENTION TELEPHONE/TEXT LINE.*

TELEPHONE: 0800 068 4141

TEXT: 88247

URGENT MENTAL HEALTH SUPPORT: YES





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CHILDLINE

WEBSITE: WWW.CHILDLINE.ORG.UK

SERVICES: EMAIL SUPPORT, ONE TO ONE COUNSELLOR
CHAT, GAMES, TOOLS FOR COPING

TELEPHONE: 0800 1111

URGENT MENTAL HEALTH SUPPORT: NONE

SAMARITANS

WEBSITE: WWW.SAMARITANS.ORG

SERVICES: 24 HOUR TELEPHONE SUPPORT, EMAIL
SUPPORT SERVICE

TELEPHONE: 116 123

EMAIL: JO@SAMARITANS.ORG - THIS CAN TAKE A FEW DAYS
TO GET A REPLY SO ONLY USE IF YOU DO NOT NEED TO
TALK TO SOMEONE NOW

URGENT MENTAL HEALTH SUPPORT: YES, VIA TELEPHONE

ADDITIONAL SERVICES THAT MAY BE USEFUL

CEOP (CHILD EXPLOITATION AND ONLINE PROTECTION)

WEBSITE: WWW.CEOP.POLICE.UK

SERVICES: A PLACE TO REPORT ONLINE SEXUAL ABUSE OR EXPLOITATION

URGENT MENTAL HEALTH SUPPORT: NO

POLICE, AMBULANCE, FIRE SERVICES

**IF YOU OR SOMEONE YOU KNOW IS AT IMMEDIATE RISK OF HARM, AS IN IT
IS GOING TO HAPPEN SOON OR IS HAPPENING NOW, CALL 999.**

