

Feeling a little low? Then read below...

childline

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

CHILDLINE 0800 1111

A free and confidential helpline for children and young people in the UK. Lines open 24 hours a day, 7 days a week.

NSPCC

NSPCC 0808 5005000

Advice, guidance, help support or to take action on your behalf if you have concerns about a child who is either being abused or at risk of abuse.



SAMARITANS 116123

Charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide e-mail jo@samaritans.org or telephone 24 hours



CRUSE BEREAVEMENT CARE

Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. We offer a range of free confidential support for children. www.cruse.org.uk



TALK TO FRANK 0300 1236600

Confidential drugs information and advice 24 hours a day. www.talktofrank.com



MIND 0300 1233393

Confidential help on a range of mental health issues.



YOUNG MINDS

Committed to improving the emotional wellbeing and mental health of children and young people.



SHOUT

If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258.