



# MENTAL HEALTH

## Safeguarding You: Information, Advice and Guidance for Students

### Support services for your mental health and wellbeing

**childline**

**childline:** a free helpline, email service and online and phone counselling. They also have message boards where you can talk to other young people.

**website:** [childline.org.uk](http://childline.org.uk) **phone:** 0800 1111



**The Mix:** A free helpline, live chat, email service, telephone counselling service and crisis text line. They also have message boards where you can talk to other young people. **website:** [themix.org.uk](http://themix.org.uk) **phone:** 0808 808 4994



here for you 24/7

**shout:** A free, confidential and anonymous 24/7 text support, for anyone struggling to cope **website:** [giveusashout.org](http://giveusashout.org) **text:** SHOUT to 85258



**kooth:** An online mental wellbeing community, for free, safe and anonymous support **website:** [kooth.com](http://kooth.com)



**i am me app:** A positive mental health app, created by young people, for young people. Designed to educate, enable and empower. **website:** [iammeapp.com](http://iammeapp.com)



**Mind:** Information and advice aimed at young people, whatever you are feeling, including help to support a friend **website:** [mind.org.uk](http://mind.org.uk)

### Who can I talk to right now?

Sometimes you might need help and support straight away. You can:



Text **SHOUT** to Shout's crisis messenger service on **85258**



**HOPELINE247**  
0800 068 41 41

Ring **HOPELINE UK** on **0800 068 4141**

**SAMARITANS**

Ring the Samaritans on **116 123**

