
















## Helplines, apps and websites if you need help now

	<b>Phone</b> 	<b>Website</b> 	<b>Online chat</b> 
<b>Childline</b> Free, confidential service where you can talk about anything you want	0800 1111  free 24/7	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	
<b>The Mix</b> Info and support for the under 25s for all kinds of issues	0808 8084994  free not 24/7	<a href="http://www.themix.org.uk">www.themix.org.uk</a>	  4pm – 11pm
<b>Young Minds</b> Mental health support	Crisis text messenger 85258  free 24/7	<a href="http://youngminds.org.uk">youngminds.org.uk</a>	
<b>Runaway Helpline</b> Support when you have gone missing	116000  free confidential 24/7	<a href="http://www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html">www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html</a>	
<b>Kooth</b> Free, anonymous online counselling and support for young people	Mon – Fri 12pm – 10pm  Sat – Sun 6pm – 10pm	<a href="http://www.kooth.com">www.kooth.com</a>	

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<b>Help at Hand</b> Support, advice and info for young people in care	0800 528 0731  free not 24/7	<a href="http://www.childrenscommissioner.gov.uk/help-at-hand">www.childrenscommissioner.gov.uk/help-at-hand</a>	
<b>stopitnow!</b> Help if you are worried about your online behaviour or someone else's	0808 1000 900  free confidential weekdays 9am-9pm	<a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a>	
<b>B-eat</b> Support with eating disorders	0808 801 0711 or 0808 801 0677  free confidential not 24/7	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	
<b>Brook</b> Sexual health advice for under 25s	<b>X</b>	<a href="http://www.brook.org.uk">www.brook.org.uk</a>	
<b>Children's Society</b> Support with various mental health and emotional issues for 13-17s	<b>X</b>	<a href="http://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17">www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17</a>	

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<b>SelfHarm UK</b> Support with self harm	X	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>Shout</b> Crisis text messenger service (any age)	Text 85258 24/7	<a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>	
<b>IMAlive</b> Online crisis messenger service (based in US)	24/7	<a href="https://www.imalive.org/">https://www.imalive.org/</a>	✓
<b>Calm Harm</b> Free app to help manage self-harm urges	X	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>	
<b>The Hideout</b> Domestic Abuse website for young people	X	<a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a>	
<b>Frank</b> Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	
<b>CEOP</b> Reporting online sexual abuse or content		<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>	

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<b>Samaritans</b> Free confidential support line for people who are feeling desperate	116 123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	On its way! Chat will be available soon.
<b>MeeTwo</b> Free mental health support app for young people to talk to experts or people with similar issues		<a href="https://www.meetwo.co.uk/">https://www.meetwo.co.uk/</a>	anonymous posts in the app allow chat with other people (posts moderated in advance)
<b>Fearless</b> Information and advice about youth crime. 100% anonymous crime reporting		<a href="https://www.fearless.org/en">https://www.fearless.org/en</a>	
<b>101</b> Non-emergency Police number. <b>For emergencies DIAL 999.</b>	101  15p per call		
<b>111</b> <u>Non-emergency</u> health advice. <b>For emergencies DIAL 999.</b>	111 Call if you are seriously worried about symptoms  24/7 free	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>  Use website if your enquiry isn't serious	

