



BUZZ US, anonymous text in service for young people 11-18.

Text BUZZ US on **07520631168**



childline

Childline, no problem is too big or small. They also offer a 1:1 chat online too **0800 1111**



Papyrus, support young people with suicidal thoughts. call **0800 068 4141**
 email **pat@papyrus-uk.org**



For Mental Health Awareness week, we wanted to remind you who you can go to for support.

SAMARITANS

Samaritans, always there to listen. Free to call at any time, from any phone **116 123**

kooth

Kooth is a safe, confidential & anonymous way for young people to access emotional wellbeing and early intervention mental health support
<https://www.kooth.com/>

shout

for support in a crisis

SHOUT is a free text message service which is open 24/7, text them on **85258**

