

ONLINE SUPPORT

SAMARITANS

<https://www.samaritans.org/>

116 123 for free

<https://www.mind.org.uk/>



0300 123 3393

YOUNG MINDS

fighting for young people's mental health

<https://www.youngminds.org.uk/>

Text YM to **85258**

childline

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

0800 1111

<https://switchboard.lgbt/>



0300 330 0630

THE MIX

<https://www.themix.org.uk/>

0808 808 4994