

Are you struggling with your mental health? Feeling worried or low?

There are lots of ways you can access help



Speak to a counsellor on the phone



Text a counsellor



Enter a chat room through a website to access a counsellor



Access support information through a website

YOUNGMINDS Crisis Messenger

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text **YM to 85258**.



childline

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



TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock

jo@samaritans.org
samaritans.org

SAMARITANS



PAPYRUS
prevention of young suicide

HOPELineUK 0800 068 41 41

THANK YOU for HOPELineUK. Without it I wouldn't be here today.



NHS Hampshire Child and Adolescent Mental Health Service

Welcome to the Hampshire Child and Adolescent Mental Health Service



NHS choices MOODZONE

