

childline
ONLINE, ON THE PHONE, ANYTIME

0800 1111
www.childline.org.uk
Information, support, guidance, call, email. 1-2-1 counsellor through online chat, ask Sam questions, BSL interpreter through webcam

YOUNGMINDS

0808 802 5544
www.youngminds.org.uk

THE MIX
Essential support for under 25s

0808 808 4994
www.themix.org.uk
1-2-1 chat and calls

aye mind

www.ayemind.com mental health and wellbeing support for young people age 13-21

MIND REEL

www.mindreel.org.uk
film resources raising awareness of mental health

Self injury Support

www.selfinjurysupport.org.uk
specifically for girls and women affected by self-injury and self-harm info and support text and email via website.

HOW ARE YOU FEELING TODAY?
WORRIED? ANXIOUS? STRESSED? DEPRESSED?

MIKEYSLINE
For Non-Judgemental, Confidential Peer-Support
w/days 6pm to 10pm - w/ends 7pm to 7am
Text only **07779 303 303**

www.mikeyslines.co.uk
facebook: mikey's line
App: Bee Appy
Text, app to get guidance, info, support, peer support, advice.

Get it on Google play | Download on the App Store

stem4
CALMHARM
stemming teenage mental illness supporting teenage mental health

www.stem4.org.uk app available

Get it on Google play | Download on the App Store

butterfly-project | **tumblr.**

Tumblr page/community encouraging people tempted to self-harm to draw a butterfly on their skin and resist the urges
www.butterfly-project.tumblr.com

NHS choices Your health, your choice
NHS Choices-suicide www.nhs.uk

SAMARITANS

116 123
www.samaritans.org
24hr support, email jo@samaritans.org
U Can Cope

CAMPAIGN AGAINST LIVING MISERABLY CALM

CALM(Campaign Against Living Miserably)
0800 58 58 58
www.thecalmzone.net
Helpline and webchat available support for men under age of 35

MindEd
e-learning to support healthy minds

www.minded.org.uk
e-learning to support young healthy minds

SafeSpot

www.safespot.org.uk
app and website support

Get it on Google play | Download on the App Store

REACH OUT.COM

www.au.reachout.com
24 hr info and support for young people about everyday troubles.

BREATHING SPACE

www.breathingspace.scot
0800 83 85 87 info and support mon-thurs 6pm-2am fri-mon 6am-6am

PAPYRUS
prevention of young suicide

0800 684 14 www.papyrus-uk.org
for teenagers and young adults

STUDENTS AGAINST DEPRESSION

www.studentsagainstdepression.org
info and peer support

mind
for better mental health

mind info line 0300 123 3393
www.mind.org.uk

kooth Free, safe and anonymous online support for young people

www.kooth.com online counselling ages 11-25

SET SELF-ESTEEM TEAM.
© 2023 The Self-Esteem Team

campaign to increase the profile of mental health, self-esteem and body confidence in uk schools
www.selfesteemteam.org
for info and booking

Life SIGNS
Self-Harm Guidance & Network Support

I need urgent help

Elefriends.org.uk
Elefriends
www.elefriends.org.uk
supportive online community App available

Get it on Google play | Download on the App Store

Maytree
A SANCTUARY FOR THE SUICIDAL

02072637070 24hr support
www.maytree.org.uk

See Me
End mental health discrimination

www.seemescotland.org
On Edge –resource pack for teachers and practitioners working with young people with lesson plans about the topic of self harm.

selfharm

www.selfharm.co.uk dedicated to self-harm recovery support.

www.lifesigns.org.uk
support & guidance on self-harming