



If you are feeling worried these are who you can contact:

Anxiety UK

Advice and support for people living with anxiety.

03444 775 775 (helpline)

07537 416 905 (text)

Beat

Under 18s helpline, web-chat and online support groups for people with eating disorders, such as anorexia and bulimia.

0808 801 0711 (youthline)

0808 801 0811 (studentline)

Childline

Support for children and young people in the UK, including a free 24-hour helpline.

Contact number 0800 1111

Kooth

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

Me and My Mind

Advice and support for young people struggling with unusual experiences, such as hearing voices.

National Society for the Prevention of Cruelty to Children (NSPCC)

Support for children and anyone worried about a child.

Contact number: 0800 800 5000 or 0800 1111 (for age 18 or under)

NHS Go

NHS app with confidential health advice and support for 16–25 year olds.

No Panic

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

Contact number: 0330 606 1174

Samaritans

24-hour emotional support for anyone who needs to talk.

Contact number: 115 123

Email contact: jo@samaritans.org

Postal address:

Freepost RSRB-KKBY-CYJK

PO Box 90 90

Stirling FK8 2SA

YoungMinds

Committed to improving the mental health of babies, children and young people, including support for parents and carers. **Provides information on medication for young people.**

Parent helpline 0808 802 5544

Crisis 85258 (crisis messenger service, text YM)

Youth Access

Advice and counselling network for young people, including details of free local services.