

**shout**  
**85258**

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

**SAMARITANS**

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support  
**Call: 116 123** or email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Crisis Tools**

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources  
**Sign up for free resources [here](#)**

 **PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
**Call: 0800 068 41 41** or **Text: 07860 039967** (opening hours 9am to midnight – 365 days a year)

**childline**

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem  
**Call: 0800 1111** anytime or [online chat with a counsellor](#)

## Urgent and other support available

**Good Thinking**

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

**THE MIX**  
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25  
**Call: 0808 808 4994** (11am – 11pm every day) or [Email](#)

 **Beat**  
Eating disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder  
**Call the Youthline (under 18's) 0808 801 0711** or **Studentline 0808 801 0811** (9am – 8pm during the week and 4pm – 8pm on weekends and bank holidays)

**kooth**

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine