

## Support Details

**Bromley Y** – Website: [Bromley-y.org](http://Bromley-y.org). Tel: 020 3770 8848

### **Kooth**

An online mental health wellbeing community. Access free, safe and anonymous support.

Open 24hrs a day, 7 days a week. Tel: 08 000 55 555. A Kooth podcast is now available to download which covers everything to do with mental wellbeing. It is a safe and accepting place for all listeners. Available on Spotify.

### **Beat**

UK's Eating Disorder Charity. [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk). Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk) Helpline: 0808 801 0677

### **Papyrus UK**

A charity for the prevention of young suicide (under 35) in the UK. If you are having thoughts of suicide or are concerned for a young person who might be contact:

HOPELINEUK on 0800 068 4141.

Text: 07860 039 967 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### **SHOUT**

Get help. Feeling anxious, stressed overwhelmed or in need of support? Shout is the UK's first free, confidential, 24/7 text support service. It's anonymous and won't appear on your bill. Text the word 'SHOUT' to 85258

**NHS 111.** Call 11. Open 24hours a day all year.

### **CALM**

Campaign Against Living Miserably (CALM), taking a stand against suicide.

Offering advice about issues you might be facing; through to free, confidential chats with helpline staff, online or on the phone. The helpline and webchat are open 365 days a year 5pm-midnight.

Webchat via website: <https://www.thecalmzone.net> or Tel: 0800 585858

## **Samaritans**

24 hours a day, 365 days a year. Tel: 116123

## **Young Minds**

Provide young people with tools to look after their mental health. The website is full of [advice and information](#) on what to do if YP is struggling with how they are feeling. They empower parents and adults who work with young people, to be the best support they can be to the young people in their lives.

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Childline**

Get help and advice about a wide range of issues, talk to a counsellor online, send **Childline** an email or post on the message boards.

Website: [www.childline.org.uk/get-support](http://www.childline.org.uk/get-support)

Tel: 0800 1111

## **SANEline**

A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 4.30pm to 10.30pm. Tel: 0300 304 7000.

## **NSPCC**

Tel: 08088 005000

## **Calm Harm App**

Calm Harm is an app designed to help people resist or manage the urge to **selfharm**. It's private and password protected. Download on the App Store or Google Play.