

EMOTIONAL HELP OUTSIDE OF SCHOOL

An anonymous, free and confidential 24/7 text service: www.crisistextline.uk



Free on-line support, one-to-one chat, free, short-term counselling support:

<https://www.themix.org.uk/get-support>



Online anonymous and confidential counselling for young people : www.kooth.com



For help with friends, exams, changes at home: www.keep-your-head.com



Emergency support for young people: <http://centre33.org.uk/help/need-help-now/>



If you need to talk with someone, 24 hours a day, Childline for aged up to 19: [Freephone 0800 1111](tel:08001111) or chat [via email](#). Find more information about chatting via email here: www.childline.org.uk/get-support/contacting-childline/



Young Minds have a good website with various ideas about how you can look after yourself: www.youngminds.org.uk



Support via telephone or email, confidential help: <https://www.samaritans.org/how-we-can-help/schools/young-people/>



The Kite Trust provide 1-to-1 support to young people via email, telephone and video link. They are dedicated to looking out for our wider LGBTQ+ community.

Telephone: 01223 369508, Email: info@thekitetrust.org.uk



If you really can't cope and need **emergency** help telephone: NHS 111, option 2

