

Helpful websites for mental health

Young Minds Crisis Messenger 24/7 support for young people. Text YM to 85258; tinyurl.com/yxz3vy2z

Childline 0800 1111; childline.org.uk

NSPCC advice line 0808 800 5000; nspcc.org.uk

The Mix Confidential Support for young people under 25: 0808 808 4994; themix.org.uk

Samaritans 116 123; samaritans.org