

## Helpful websites for mental health

**Young Minds Crisis Messenger** 24/7 support for young people. Text YM to 85258; [tinyurl.com/yxz3vy2z](https://tinyurl.com/yxz3vy2z)

**Childline** 0800 1111; [childline.org.uk](https://childline.org.uk)

**NSPCC advice line** 0808 800 5000; [nspcc.org.uk](https://nspcc.org.uk)

**The Mix Confidential** Support for young people under 25: 0808 808 4994; [themix.org.uk](https://themix.org.uk)

**Samaritans** 116 123; [samaritans.org](https://samaritans.org)