

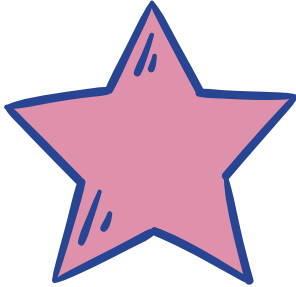
25: Struggling? Need more help?



CALL Mental Health
Helpline: 0800 132 737 or
text help to: 81066



Samaritans:
116 123



SHOUT: In Crisis? Worried?
Anxious? Stressed?
Text 85258



Childline:
0800 1111
www.childline.org



PAPYRUS
(Prevention of Young Suicide)
Hopeline: 0800 068 4141



26: Useful Websites & Apps



The Mix:
www.themix.org.uk

Childline:
www.childline.org

Kooth:
www.kooth.com

YoungMinds:
www.youngminds.org.uk

Apps:



Daylio

Daily mood tracker

Calm Harm

Helps manage self-harm

ReachOut Worry Time

Saves worries for worry time

Presently

Simple daily gratitude

MindShift

Helps cope with anxiety