

SUPPORT SERVICES

All numbers are available 24/7

SAMARITANS

A free, **completely confidential** number to call when you need to talk to someone

 **116 123**

They also have an email service

 **JO@SAMARITANS.ORG**


CENTRAL ACCESS POINT

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

 **0808 800 3302**

SHOUT

A free and confidential **text messaging** support service

 text **"SHOUT"**
to **85258**

CHILDLINE

 **0800 1111**

The ChildLine website is for young people OF ALL AGES! It has message boards and lots of resources on a range of different topics that can affect your mental health



They also have a 1-2-1 counsellor chat feature where you can access support

 **WWW.CHILDLINE.ORG.UK**

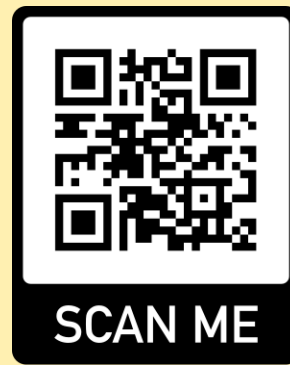


HARMLESS

Harmless is a centre dedicated to self-harm and suicide support and prevention



Their website is full of resources for anyone needing support as well as friends and family members.



WWW.HARMLESS.ORG.UK

SCAN ME

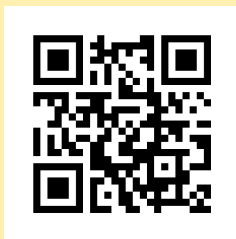
Self referral form



They offer face-to-face sessions to anyone in Leicester, Leicestershire and Rutland. They have a self-referral form on their website

KOOTH

An online counselling and well-being organisation offering free and anonymous support



WWW.KOOTH.COM

Please be aware, to use Kooth you have to create an account (which is completely anonymous)

YOUNGMINDS

The YoungMinds website is full of advice and information for young people and family members to help look after mental health



SCAN ME

WWW.YOUNGMINDS.ORG.UK