

Where to find support when school is closed



www.kooth.com offers online confidential one-to-one support for young people, plus access to online self-help materials.



Childline is open 24 hours a day, 7 days a week. So you can talk to us any time. When you call us on **0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online. *They can provide help and support for people up to their 19th birthday*



For young people who identify as LGBTQ+ and/or are experiencing issues related to equality, diversity and identity. counselling@metrocharity.org.uk or call: 020 8305 5009



A safe, online community where people over the age of 16 support each other anonymously to improve mental health and wellbeing. The community is monitored 24/7 by trained counsellors and psychotherapists. www.togetherall.com



Alumina (previously SelfHarmUK) offers online support for young people (14-19), who self-harm or are worried they might. Visit www.selfharm.co.uk or Email helloalumina@youthscape.co.uk

For support in a crisis



Crisis Line 0203 228 5980
For young people or parents/carers worried about a person's mental health.
Open: Monday to Friday 5pm – 11pm,
Saturday, Sunday, and Bank Holidays 9am – 11pm.



South West London
24-hour Mental Health Crisis Line
0800 028 8000



Young People can use the Young Minds Crisis Messenger by texting 'YM' to 85258



Free, confidential support for young people under 25. **Call: 0808 808 4994** (11am-11pm)



Papyrus HOPELINE for young people experiencing thoughts about suicide. 9am to midnight, every day.
Call: [0800 068 4141](tel:08000684141)
Text: [07860039967](tel:07860039967)



Call us free 24/7 on
116 123
samaritans.org

For support in an emergency

In an emergency, please call **111** or attend A&E.
Only call 999 in the case of life-threatening emergencies.