

# Feeling a little low and need some support? Then read below...

## childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

### CHILDLINE 0800 1111

A free and confidential helpline for children and young people in the UK. Lines open 24 hours a day, 7 days a week.

## NSPCC

### NSPCC 0808 8005000

Advice, guidance, help, support or to take action on your behalf if you have concerns about a child who is either being abused or at risk of abuse.

## SAMARITANS

### SAMARITANS 116123

Charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.  
Email [jo@samaritans.org](mailto:jo@samaritans.org) or telephone (open 24 hours a day).



Cruse  
Bereavement  
Care

### CRUSE BEREAVEMENT CARE 0808 8081677

Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. They offer a range of free confidential support for children. [www.cruse.org.uk](http://www.cruse.org.uk)

## kooth

### KOOTH

An anonymous, free online counselling and emotional wellbeing service for children.  
[www.kooth.com](http://www.kooth.com)



mind  
for better mental health

### MIND 0300 1233393

Confidential help on a range of mental health issues.

## YOUNGMINDS

fighting for young people's mental health

### YOUNG MINDS 0808 8025544 (parents' helpline)

Committed to improving the emotional wellbeing and mental health of children and young people.

## shout

for support in a crisis

### SHOUT

If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258.

