

Help with your Mental Health.

Whatever you are feeling, there are lots of people you can turn to for help. If you can, start by talking to someone in your family, a friend or someone else that knows you well. They may be able to help you take the next steps.

Getting help

[The National Autistic Society](#) Advice on accessing help for autistic people.

[Young Minds](#) Advice and information on how to go about getting help with your mental health and what type of help is available.

Immediate help

[Shout](#) is a 24/7 crisis text messenger service for young people.

Text 'YM' 85258 if you are under 19,

or 'SHOUT' to 85258 if you are older.

[Childline](#). If you're under 19 you can confidentially call, chat online or email about any problem big or small open 24/7. Call 0800 11 11.

[The Samaritans](#) - free and confidential listening support open 24/7, 365 days of the year.
Telephone: 116 123

Find an [NHS urgent mental Health helpline](#) or call 111. In an emergency call 999.

Help for children and young people.

Your GP can refer you to [CAMHS](#), which is the NHS mental health service for children and young people or to an adult mental health service.

[Kooth](#) is an online mental wellbeing community for young people aged between 11-18 years. You can access free, safe, and anonymous support which includes helpful articles, discussion boards and live chat.

[The Mix](#) provides free, confidential support for young people under 25. Phone, email, or chat one-to-one online 4pm-11pm Monday to Friday, sign up for free counselling online. Freephone 0808 808 4994

[Switchboard \(LGBT+\)](#) is an LGBT+ helpline for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

Telephone: 0800 0119 100 (10am-10pm, this is a free service) email or on-line chat.

[CALM \(Campaign Against Living Miserably\)](#) helpline and webchat service for anyone aged 15+ who needs support.

Telephone: 0800 58 58 58 (5pm – midnight)

[Papyrus \(Prevention of Young Suicide\)](#) can provide confidential support and advice to children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

HOPELINE: 0800 068 41 41.