

# Mental Health Resources

Click on any of the links below to access our additional mental health resources.



Access to free 1-1 counselling sessions for young people up to the age of 21. No wait times and available nationally, Stop.Breathe.Think provides vital support to those who need it right now.

Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, Young Minds can help.



## childline

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

On Childline, you can talk about anything. Whether it's something big or small, trained counsellors are there to support you. It is free, confidential and available any time, day or night.

Offers a range of content designed to give you more information about mental health and to help you to look after your mental health, including podcasts, videos, inspiring stories and information about getting help if you're struggling.



## kooth

Kooth is an online space where you can access support and counselling after creating a free, confidential account. Once you've created a free, confidential account, you'll have access to discussion groups, message boards and even a mood diary.

Papyrus provides confidential support and advice when you are struggling with thoughts of suicide, and to anyone worried about a young person.



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

## shout

85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Beat is Britain's eating disorder charity and is also the chosen charity of Keller House. They are there to encourage and empower people to get help quickly, because they know the sooner someone starts treatment, the greater their chance of recovery.

