



OUT OF HOURS SUPPORT

URGENT MENTAL HEALTH HELPLINES ARE FOR PEOPLE OF ALL AGES. OVER THE FESTIVE PERIOD YOU CAN CALL FOR: 24-HOUR ADVICE AND SUPPORT – FOR YOU, YOUR CHILD, YOUR PARENT OR SOMEONE YOU CARE FOR.

CASHER

THE CHILD & ADOLESCENT SUPPORT & HELP ENHANCED RESPONSE TEAM OFFER URGENT SUPPORT 7 DAYS A WEEK

TO BOOK A PLACE AT THIS CLINIC, PLEASE CONTACT THE CASHER TEAM WITHIN THEIR DUTY HOURS
(PLEASE LEAVE A MSG IF NECESSARY & THEY WILL CONTACT YOU ASAP)
0800 121 7762 OPTION 2
;MON-FRI 5PM-10PM OR SAT/SUN 10AM-8PM. (BANK HOLIDAY TIMES CAN VARY)

PAPYRUS

No young person should have to suffer alone with thoughts of suicide.

HOPELINEUK

Call: 0800 068 4141
Text: 07766209697
Email: help@papyrus-uk.org
www.papyrus-uk.org

Registered charity no. 1070506

TALK TO US

If things are getting to you

Talk to us any time you like, in your own way – about whatever's getting to you.

116 123 FREE
This number is FREE to call

jo@samaritans.org

samaritans.org

SAMARITANS

A registered charity

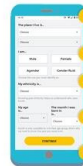
YOUNGMINDS Crisis Messenger

powered by
shout
85258

CRISIS: HEAT LINE



1 Click on the 'Talk Kooth' button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the location you are in
3 Click on the gender you identify with
4 Choose from the drop down box the ethnicity that best fits you
5 Add your age and the month you were born
6 Click 'continue'

How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
5pm-10pm Saturday and Sunday
Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic pages, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on "Chat now button"

To write a message to the team, click on "message the team"



7 Create an **anonymous username** (not your real name) and **secure password**
8 Choose from the drop down box to explain where you found out about Kooth



9 Click on the "create account" button to complete your registration

www.kooth.com

kooth



Need to talk?
We're **online** until 10pm



Friendly counsellors



Self-help



Community support

Free, safe and anonymous online support for young people
kooth.com



**FOR: CHILDREN AND YOUNG PEOPLE IN THE UK
AVAILABLE: FREE, 24 HOURS A DAY
MORE INFO: CHILDLINE.ORG.UK**