

NEED SOME SUPPORT?

There is always someone to talk to.

CHILD LINE:

08001111

SAMARITANS: 116123

YOUNG MINDS:

08444775774

www.youngminds.org.uk

ANXIETY UK:

www.anxietyuk.org.uk

NATIONAL SELF HARM NETWORK: www.nshn.co.uk

0800633600 (Thurs - Sat 6 – 10.30pm)

support@nshn.co.uk

MINDFULL:

www.mindfull.org

SANE/Saneline:

08457678000 (Out of hours support for any mental health issues)

FRANK:

0800776600 (Drugs)

www.talktofrank.com