

Help for a Healthy Mind



kooth

www.kooth.com

Kooth is a free app where you can 1:1 message for support or share on a forum board.

THE MIX
Essential support for under 25s

www.themix.org.uk

The Mix is an online messaging service where you can get support for mental health as well as other concerns.

SAMARITANS

www.samaritans.org

Call free of charge: 116 123

Samaritans is a dedicated 24/7 support line.

YOUNGMINDS

www.youngminds.org.uk

Young Minds is a website that provides free information and resources for young people.

childline

www.childline.org

Call free of charge: 0800 1111

childline is a dedicated 24/7 support line. You can also access support and a messaging service on their website.

