

Helplines for immediate support

Samaritans

Telephone: 116 123 Website: samaritans.org

Childline

Telephone: 0800 1111 Website: childline.org.uk

Shout

Text: 85258 Website: www.giveusashout.org

Young Minds:

Text: 85258 Website: youngminds.org.uk Helpline for parents: 0808 802 5544

Papyrus

Telephone: 0800 068 41 41 Text: 07860 039967 Email: pat@papyrus-uk.org

Sane Line

Telephone: 0300 304 7000 Register for Textcare: www.sane.org.uk/what_we_do/support/textcare/

Silverline

Telephone: 0800 4 70 80 90

Online resources

Moodjuice

Website: <https://www.moodjuice.scot.nhs.uk/>

Mental Wellbeing Audio Guides

Website: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Hub of Hope is a website (also available as an app) that will locate local support to you based on your postcode, as well as providing a 'talk now' button connecting users directly to the Samaritans.

www.hubofhope.co.uk

Forward Thinking Birmingham

Website: www.forwardthinkingbirmingham.org.uk/resources