

St Cuthbert's RC High School.

The organisations below can offer emotional support.

Childline

What kind of support?

General Support for under 19 year olds.

How to find them?

www.childline.org.uk

Sign up online for 1-2-1 online chat with a counsellor
Helpline 080000 11 11 (24/7)



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Papyrus UK

What kind of support?

Hopeline for those dealing with suicidal thoughts

How to find them?

Call 0800 068 41 41, Text 07786209697

Email pat@papyrus-uk.org

Availability: 10am-10pm weekdays, 2pm-10pm weekends and bank holidays



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Mind

What kind of support?

General support for mental health.

How to find them?

www.mind.org.uk/information-support/

- Urgent help tool
- Online chat (9am-6pm Mon-Fri, except bank holidays)



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One You

What kind of support?

Support for building an action plan to make better choices and improve wellbeing.

How to find them?

www.nhs.uk/oneyou/for-your-mind/action-plan/



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Moodjuice

What kind of support?

Support for thinking about emotional problems and trying to overcome these.

How to find them?

www.moodjuice.scot.nhs.uk



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Moodzone by NHS

What kind of support?

General support for mental health and wellbeing.

How to find them?

www.nhs.uk/Conditions/stress-anxiety-depression/



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UK Safer Internet Centre

What kind of support?

Advice on how to get the most out of the Internet whilst staying safe online.

How to find them?

www.saferinternet.org.uk/advice-centre/young-people



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