

**List of confidential helplines/advice that might be useful if you or someone you know is struggling:**

**SHOUT: TEXT 85258** Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need help. <https://www.giveusashout.org/>

**Supportline: 01708 765 200**, email [info@supportline.org.uk](mailto:info@supportline.org.uk) – Supportline provides a confidential telephone helpline offering emotional support to any individual on any issue. <https://www.supportline.org.uk/>

**Calm: 0800 58 58 58** Offers support to men in the UK, of any age, who are feeling down or in crisis via helpline, webchat and website. <https://www.thecalmzone.net/>

**Samaritans: 116 123**, 24/7 helpline across the UK, with trained volunteers to help people who are having a difficult time, and to support those who are worried about someone they know. <https://www.samaritans.org/>

**Available for young people in the UK:**

**The Mix: 0808 808 4994** A free telephone, webchat and email listening service for young people that provides confidential emotional support and can offer signposts to relevant services. <http://www.themix.org.uk/>

**Youth Access:** The largest provider of young people's advice and counselling services in the UK. <http://www.youthaccess.org.uk/>

**SHOUT: TEXT 85258** Shout is also providing help and support for children and young people <https://www.giveusashout.org/>

**Childline: 0800 1111** ChildLine is a counselling service for children and young people. You can contact ChildLine about anything - no problem is too big or too small. <http://www.childline.org.uk/pages/about.aspx>

**Supportline: 01708 765 200**, email [info@supportline.org.uk](mailto:info@supportline.org.uk) – Supportline also provides a confidential telephone helpline offering emotional support to young people on any issue. [http://www.supportline.org.uk/problems/support\\_children\\_young\\_people.php](http://www.supportline.org.uk/problems/support_children_young_people.php)

**Cybersmile:** Offers counselling and advice to young people who are being abused or in distress. <https://www.cybersmile.org/>