

Useful links and resources to support Mental Health and Wellbeing

[NHS 111](#) - urgent 24/7 health advice

[Text SHOUT to 85258](#) - free 24/7 immediate support

[Samaritans](#) - 116 123* helpline available 24/7

[Kooth](#) - online well-being community for young people aged 11-25

[LGBT Helpline](#) - 0300 330 0630

[MIND](#) - Advice and support on mental health and Infoline from 9am-6pm weekday: 0300 123 3393

[SANE](#) - National helpline 4.30pm to 10.30pm on 0300 304 7000

[Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#) - Call 0800585858 5pm – Midnight & Webchat

[The Mix](#): - support for the under 25s

[Papyrus](#) - confidential suicide prevention advice on Call: 0800 068 4141 Text: 07786209697 Email: pat@papyrus-uk.org

[Students Against Depression](#) - Self-help resources on anxiety and depression and advice for families

[Anna Freud On My Mind](#) - Information and resources for young people and educators on mental health and well-being

[Hub of Hope](#) - Mobile Phone App Directory of local support agencies in your area