

# YOU ARE NOT ALONE...

If you need some extra support for something going on in your life, please know that help is available.



SMILING MIND

Apps were free to download at the time of publishing. Some apps might contain in-app purchases



24h Mental Health Access Team - urgent NHS mental health service who will provide support and advice over the phone.

0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



The Mix offers support for anything that's troubling you. They offer email support, 1-1 webchat service and free short-term counselling.

0808 808 4994  
(4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>



Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, 1-2-1 webchat and an email service

0800111 (24/7)

<https://www.childline.org.uk/>



Cerebral is an online mental health support service for Children and Young People in South Staffordshire. Cerebral provides information, a space to discuss concerns with peers and professionals and a library of internet-delivered CBT exercises. They also offer 1-2-1 support through chat, text, phone or video consultation.

<https://sandbox.getcerebral.co.uk/>



YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

## EMERGENCY

In an emergency / risk to life (either your own or someone else's)

999 OR GO TO A&E

## SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope.. They offer different ways of contact such as webchat, email and letters.

116123 (24/7)

✉Email: [jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org/>



Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉Text: SHOUT to 85258 (24/7)

<https://giveushout.org/>

